Abstract:

Title: Stimulation of strength skills through intervation gymnastic program for people with spinal cord impairment

Objectives: The target of the work is to determine the degree of effectiveness of the newly created gymnastic program mediated to probands online, to the level of strength of the upper body and upper limbs of people with spinal cord injury.

Methods: The research will be conducted in the form of a quasi-experiment with pre-testing and post-testing measuring. Used data collection methods included field testing, timed 100m dash in a wheelchair and 2kg weight throw and a questionaire. Analysis of found data has been done via descriptive statistics.

Results: Results of post-testing showed that upon completion of a six-week interventional program, individuals with spinal cord impairment increased their strength levels in field tests. In the first field test, there was a slight percentage improvement of 5.9%. In the second field test, there was an overall mean percentage improvement of 10.9%. On average, probands improved by 8.4%, a slight to moderate improvement. The questionaires also showed that the trainees enjoyed the provided program.

Keywords: Adapted physical activity, condition, exercising, field test, gymnastics, paraplegia, wheelchair