

Abstract

Title: Assessment methods used in prescribing and verifying the effect of physical activity in people after spinal cord injury

Objectives: The main aim of this work was to examine the prescription of physical activities in aftercare in individuals with spinal cord lesions by experts in spinal rehabilitation. The extent, forms and methods of prescribing physical activities and verifying the effect of this education were examined.

Methods: Quantitative type of research using the research technique of the own design questionnaire. The questionnaire was focused on recommendations in rehabilitation and physical activity and subsequent control of physical activity. The research group consisted of 28 respondents (14 men and 14 women) - experts on spinal issues involved in the follow-up care of individuals with spinal cord injuries in various positions (11 physiotherapists, 9 occupational therapists, 5 movement therapists, 2 self-sufficiency instructors and 1 doctor).

Results: Physical activity has an irreplaceable role in the follow-up care of patients with spinal cord lesions. All respondents (28) educate about the importance of physical activity. A large proportion of respondents (71 %) retrospectively check the performance of physical activities using various types of investigation forms. Respondents show the possibilities of movement and refer to organizations that deal with physical activity for spinal cord injuries.

Keywords: Spinal cord injury, physical activity, guidelines for physical activity, rehabilitation