Supporting Physical Activity among Canadians with Physical Disabilities

Resources for health and recreation practitioners supporting physical activity among Canadians with physical disabilities
PREFACE

Supporting Physical Activity among Canadians with Physical Disabilities is a catalog of resources for practitioners in the areas of health and recreation. The resources are meant to provide information and strategies for health and recreation practitioners supporting physical activity among people with physical disabilities. The catalog was informed by a systematic review of existing resources from academic and online sources. There is an accompanying scientific paper forthcoming:


FUNDING

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LEGEND

- **HC**: health care: a resource that was developed for health care practitioners
- **REC**: recreation: a resource that was developed for recreation practitioners
- **NS**: not specified: a resource that does not include a specific target but could be of value to health or recreation practitioners

DISABILITY POPULATIONS

- **GEN**: general disability: resource does not target a specific disability group
- **SCI**: spinal cord injury: resource targets practitioners working with people with spinal cord injury
- **S**: stroke: resource targets practitioners working with people with stroke
- **MD**: muscular dystrophy: resource targets practitioners working with people with muscular dystrophy
- **MS**: multiple sclerosis: resource targets practitioners working with people with multiple sclerosis
- **CP**: cerebral palsy: resource targets practitioners working with people with cerebral palsy
- **PD**: Parkinson's disease: resource targets practitioners working with people with Parkinson's disease

ARTICLE ACCESS

- **F**: full article/resource available for free
- **P**: full article/resource available for purchase

Supporting Physical Activity among Canadians with Physical Disabilities

Resources for health and recreation practitioners supporting physical activity among Canadians with physical disabilities
GENERAL DISABILITY

Increasing Physical Activity Among Adults with Disabilities

*Increasing Physical Activity Among Adults with Disabilities* is a resource designed for health care practitioners. The resource details five steps that health professionals can take to play a role in promoting physical activity for people with disabilities.

For more information about this resource, please visit the Centers for Disease Control and Prevention website at https://www.cdc.gov/ncbddd/disabilityandhealth/pa.html

Exercise and Fitness

*Exercise and Fitness* is a website which provides information regarding techniques and equipment that may be useful to practitioners when working with individuals with a variety of disabilities and health conditions.

For more information about this resource, please visit the National Center on Health, Physical Activity and Disability website at http://www.nchpad.org/Articles/9/Exercise~and~Fitness

Physical Activity and Sport

*Physical Activity and Sport* is a website designed for recreation practitioners. The website provides links to resources which can be used by recreation practitioners to promote physical activity for individuals with a variety of disabilities.

For more information about this resource, please visit the Disability Action Alliance website at http://disabilityactionalliance.org.uk/resources/physical-activity-and-sport/
The Role of Fitness in Physical Therapy Patient Management: Applications Across the Continuum of Care

The Role of Fitness in Physical Therapy Patient Management: Applications Across the Continuum of Care is a review designed for health care practitioners, specifically targeting physical therapists. The review describes physical activity prescription principles for people with disabilities.

The citation for the review is available here: Jewell, D. V. (2006). The role of fitness in physical therapy patient management: Applications across the continuum of care. Cardiopulmonary Physical Therapy Journal, 17(2), 47. For more information about this resource, please visit https://search.proquest.com/openview/c09a1659a70a5ca9ff29dfcbf9374525/1?pq-origsite=gscholar&cbl=32821 and click on “Explore ProQuest”.

Supporting Physical Activity among Canadians with Physical Disabilities
Resources for health and recreation practitioners supporting physical activity among Canadians with physical disabilities
Use of The ICF In Identifying Factors That Impact Participation in Physical Activity/Rehabilitation Among People with Disabilities

Use of The ICF In Identifying Factors That Impact Participation in Physical Activity/Rehabilitation Among People with Disabilities is a commentary designed for health care practitioners. The commentary describes how health professionals can use the International Classification of Functioning, Disability and Health as a tool to improve physical activity intervention plans by catering to specific population needs.


For more information about this resource, please visit https://www.tandfonline.com/doi/abs/10.1080/09638280500493860 and click on “Get access”.

CDC Vital Signs - Adults with Disabilities: Physical Activity Is for Everybody

CDC Vital Signs - Adults with Disabilities: Physical Activity Is for Everybody is a fact sheet designed for health care practitioners. The fact sheet provides strategies for health care professionals to promote and support physical activity for adults with disabilities.

For more information about this resource, please visit the Centers for Disease Control and Prevention website at https://www.cdc.gov/vitalsigns/pdf/2014-05-vitalsigns.pdf

Best Practices Web Portal

Best Practices Web Portal is a website designed for recreation practitioners working with individuals with various types of physical disabilities. The website links practitioners to webinars and seminars which provide strategies for increasing physical activity participation and inclusivity among individuals with disabilities.

For more information about this resource, please visit the Physical Literacy website at physicalliteracy.ca/inclusion

Inclusive Physical Literacy Webinar #1

Inclusive Physical Literacy Webinar #1 is a webinar that may be useful for various practitioners working with individuals with physical disabilities. The webinar discusses inclusive physical literacy and the importance of offering inclusive programming to promote physical activity for individuals with physical disabilities.

To access this resource created by the Sport for Life Society, please visit https://www.youtube.com/watch?v=EEmX1-IIADQ&feature=youtu.be
Disability Tip Sheets

*Disability Tip Sheets* is a series of fact sheets that may be useful for various practitioners working with people with disabilities in a physical activity setting. The fact sheets describe strategies to promote physical activity when working with individuals with a variety of disabilities.

For more information about this resource, please visit the Active Living Alliance website at https://ala.ca/disability-tip-sheets/

Inclusion Tools and Resources for Community Leaders

*Inclusion Tools and Resources for Community Leaders* is a website designed for recreation practitioners and includes links to a variety of resources that describe how to improve the inclusion of individuals with disabilities in sport and physical activity programs.

For more information about this resource, please visit the Recreation Integration Victoria website at http://rivonline.org/inclusion
The ProACTIVE SCI Toolkit

*The ProACTIVE SCI Toolkit* is designed to help physiotherapists support their clients with SCI in being active outside of the clinic. The toolkit highlights education, referral and prescription strategies.

For more information about this resource, please visit [http://sciactioncanada.ca/docs/ProacTive_SCI%20Toolkit_Nov.pdf](http://sciactioncanada.ca/docs/ProacTive_SCI%20Toolkit_Nov.pdf)

Understanding Physical Activity in Spinal Cord Injury Rehabilitation: Translating and Communicating Research Through Stories

*Understanding Physical Activity in Spinal Cord Injury Rehabilitation: Translating and Communicating Research Through Stories* is a review designed for health care practitioners. The review provides non-fiction narratives which serve to highlight the complexities involved with being physically active during rehabilitation from a spinal cord injury.


For more information about this resource, please visit [https://www.tandfonline.com/doi/abs/10.3109/09638288.2013.805821](https://www.tandfonline.com/doi/abs/10.3109/09638288.2013.805821) and click on “Get access”.

EXERCISE IS MEDICINE: Exercise Prescription After SCI to Manage Cardiovascular Disease Risk Factors

*EXERCISE IS MEDICINE: Exercise Prescription After SCI to Manage Cardiovascular Disease Risk Factors* is a review designed for health care practitioners. The review provides physical activity prescription guidelines and resources for individuals with a spinal cord injury.


For more information about this resource, please visit [http://archive.scijournal.com/doi/abs/10.1310/sci1403-69](http://archive.scijournal.com/doi/abs/10.1310/sci1403-69) and click on “PDF”.

Supporting Physical Activity among Canadians with Physical Disabilities

Resources for health and recreation practitioners supporting physical activity among Canadians with physical disabilities
Development of An Evidence-Informed Leisure Time Physical Activity Resource for Adults with Spinal Cord Injury: The SCI Get Fit Toolkit

Development of An Evidence-Informed Leisure Time Physical Activity Resource for Adults with Spinal Cord Injury: The SCI Get Fit Toolkit is a paper that provides a review of the process undertaken to effectively develop a leisure time physical activity resource that encourages individuals with a spinal cord injury to meet physical activity guidelines. This resource is intended for health care practitioners working with individuals with a spinal cord injury in a physical activity setting.


For more information about this resource, please visit https://www.nature.com/articles/sc20137 and click on “Download PDF”.

Supporting Physical Activity among Canadians with Physical Disabilities
Resources for health and recreation practitioners supporting physical activity among Canadians with physical disabilities
Exercise Recommendations for Individuals with Spinal Cord Injury

Exercise Recommendations for Individuals with Spinal Cord Injury is a review detailing the role of physical activity for individuals with a spinal cord injury. The resource provides physical activity recommendations and may be of value to practitioners working with people with spinal cord injury in a physical activity setting.


For more information about this resource, please visit https://link.springer.com/article/10.2165/00007256-200434110-00003 and click on “Buy (PDF)”.

The Development of Evidence-Informed Physical Activity Guidelines for Adults with Spinal Cord Injury

The Development of Evidence-Informed Physical Activity Guidelines for Adults with Spinal Cord Injury is a review that describes best practices when developing physical activity guidelines for people with spinal cord injury. The resource provides information for health care and recreation practitioners working with people with spinal cord injury in a physical activity setting.


For more information about this resource, please visit https://www.nature.com/articles/sc201163 and click on “Download PDF”.

The guideline development was also updated in 2017.


For the most recent information regarding the development of the spinal cord injury guidelines, please visit https://www.nature.com/articles/s41393-017-0017-3 and click on “Download PDF”.

Spinal Cord Injury and Exercise

Spinal Cord Injury and Exercise is a fact sheet for health care and recreation practitioners. The fact sheet describes how exercise programs should be structured when working with individuals with spinal cord injury in a physical activity setting.

For more information about this resource, please visit the National Center on Health, Physical Activity and Disability website at http://www.nchpad.org/111/860/Spinal~Cord~Injury~and~Exercise

Supporting Physical Activity among Canadians with Physical Disabilities
Resources for health and recreation practitioners supporting physical activity among Canadians with physical disabilities


For more information about this resource, please visit https://www.sciencedirect.com/science/article/pii/S0003999306015607 and click on “Get Access”.

Supporting Physical Activity among Canadians with Physical Disabilities
Resources for health and recreation practitioners supporting physical activity among Canadians with physical disabilities
Evidence-Based Exercise Prescription for Individuals with Spinal Cord Injury

*Evidence-Based Exercise Prescription for Individuals with Spinal Cord Injury* is a review that details a physical activity prescription strategy that may be of value when working with people with spinal cord injury. The resource targets health care practitioners, specifically physical therapists.


For more information about this resource, please visit https://journals.lww.com/jnpt/fulltext/2005/06000/Evidence_based_Exercise_Prescription_for.7.aspx

Exercise as A Health-Promoting Activity Following Spinal Cord Injury

*Exercise as A Health-Promoting Activity Following Spinal Cord Injury* is a review targeting health care practitioners. The review describes physical activity benefits for individuals with a spinal cord injury and elaborates on physical activity risk prevention strategies.


For more information about this resource, please visit https://journals.lww.com/jnpt/Fulltext/2005/06000/Exercise_as_a_Health_Promoting_Activity_Following.6.aspx/
Spinal Cord Injury

*Spinal Cord Injury* is a fact sheet that outlines the suggested exercises for individuals with a spinal cord injury. The fact sheet addresses cardiovascular training guidelines and includes considerations that may be useful to various practitioners working with people with spinal cord injury in a physical activity setting.

For more information about this resource, please visit the National Center on Health, Physical Activity and Disability website at http://www.nchpad.org/55/403/Spinal~Cord~Injury

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Physical Activity Guidelines for Adults with A Spinal Cord Injury

*Physical Activity Guidelines for Adults with A Spinal Cord Injury* is a set of guidelines detailing aerobic and strength training activities that provide benefits for individuals living with spinal cord injury. The resource may be useful for practitioners working with people with spinal cord injury in a physical activity setting.

For more information about this resource, please visit the SCI Action Canada website at: http://sciactioncanada.ca/docs/guidelines/spinal-cord-injury-guidelines-blue.pdf

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SCI Action Canada Knowledge Mobilization Training Series

*SCI Action Canada Knowledge Mobilization Training Series* is a training program that may be useful for various practitioners working with people with spinal cord injury in physical activity settings. The training program consists of modules that discuss enhancing physical participation for individuals living with a spinal cord injury.

For more information about this resource, please visit the SCI Action Canada website at http://sciactioncanada.ca/training/
STROKE

The Role of Personal Trainers for Stroke Rehabilitation

The Role of Personal Trainers for Stroke Rehabilitation is a commentary designed for personal trainers. The commentary highlights the benefits of personal training for individuals living with stroke and provides strength, endurance and flexibility recommendations.


For more information about this resource, please visit https://www.tandfonline.com/doi/abs/10.1179/016164109X12445505689724 and click on “Get access”.

Physical Activity and Exercise Recommendations for Stroke Survivors

Physical Activity and Exercise Recommendations for Stroke Survivors presents a scientific statement for health care practitioners. The review provides physical activity programming recommendations for individuals living with stroke.


For more information about this resource, please visit https://www.ahajournals.org/doi/abs/10.1161/01.cir.0000126280.65777.a4 and click on “Download PDF”.

For more information about this resource, please visit https://www.ahajournals.org/doi/abs/10.1161/01.cir.0000126280.65777.a4 and click on “Download PDF”.

Supporting Physical Activity among Canadians with Physical Disabilities

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Exercise and Fitness Training After Stroke – Instructor

*Exercise and Fitness Training After Stroke – Instructor* is a professional development course designed for health care and recreation practitioners that discusses physical activity intervention strategies for individuals living with stroke.

For more information about this resource, please visit the Later Life Training website at http://www.laterlifetraining.co.uk/courses/exercise-for-stroke-instructor/

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Fitness and Mobility Exercise Program: A Community-Based Group Exercise Program for People Living with Stroke

*Fitness and Mobility Exercise Program: A Community-Based Group Exercise Program for People Living with Stroke* is a manual designed for health care and recreation practitioners. The manual contains a fitness and mobility exercise program that aims to optimize physical abilities and minimize secondary complications for individuals living with stroke.

For more information about this resource, please visit the Fitness and Mobility Exercise Program website at https://fameexercise.com/
Physical Activity and Exercise Recommendations for Stroke Survivors

*Physical Activity and Exercise Recommendations for Stroke Survivors* is a review designed for health care practitioners. The review discusses exercise prescription recommendations for stroke survivors and provides information on the benefits of physical activity.


For more information about this resource, please visit http://stroke.ahajournals.org/content/45/8/2532 and click on “Download PDF”.

Fitness Instructor Training Programme: Community-Based Exercise for People Living with Stroke

*Fitness Instructor Training Programme: Community-Based Exercise for People Living with Stroke* is a training program designed for fitness instructors. The training program describes how to develop physical activity programs for individuals living with stroke. The resource may be useful to other recreation practitioners working with people with stroke in various physical activity settings.

For more information about this resource, please visit the Thunder Bay Regional Health Sciences Centre website at http://www.tbrhsc.net/nwo stroke/about-us/network-publications-and-resources/fitness-instructor-training-programme/
MUSCULAR DYSTROPHY

Strength and Conditioning for Persons with Muscular Dystrophy

*Strength and Conditioning for Persons with Muscular Dystrophy* is a review that may be useful for practitioners working with people with muscular dystrophy in a physical activity setting. The review provides resistance training recommendations for individuals with muscular dystrophy and discusses the value of this type of conditioning.


For more information about this resource, please visit https://search.proquest.com/openview/638ba25319e4cf401b7878a1131b7bab/1?pq-origsite=gscholar&cbl=44253 and click on “Explore ProQuest”.

Fitness Training for Clients with Muscular Dystrophy

*Fitness Training for Clients with Muscular Dystrophy* is a fact sheet that details a suggested physical activity prescription for individuals with muscular dystrophy. The resource targets recreation practitioners working with people with muscular dystrophy in physical activity settings.

For more information about this resource, please visit the National Center on Health, Physical Activity and Disability website at http://www.nchpad.org/896/5019/
Fitness~Training~for~Clients~with~Muscular~Dystrophy
Exercise Guidelines for Persons with DMD (Muscular Dystrophy)

*Exercise Guidelines for Persons with DMD* is a fact sheet that may be useful for various practitioners working with people with muscular dystrophy. The resource details how individuals with muscular dystrophy can improve their overall health through flexibility, endurance and muscular strength training.

For more information about this resource, please visit the National Center on Health, Physical Activity and Disability website at http://www.nchpad.org/119/928/Duchenne~Muscular~Dystrophy

**MULTIPLE SCLEROSIS**

Increasing Physical Activity and Participation in People with Multiple Sclerosis: A Review

*Increasing Physical Activity and Participation in People with Multiple Sclerosis: A Review* is a paper that discusses the barriers to participation and presents suggestions for promoting physical activity in people with multiple sclerosis. This resource targets health care and recreation practitioners working with people with multiple sclerosis in a physical activity setting.


For more information about this resource, please visit https://www.sciencedirect.com/science/article/pii/S0003999316301514 and click on “Get Access”. 
Physical Exercise and MS - Recommendations

*Physical Exercise and MS - Recommendations* is a review designed for health care practitioners working in the physical activity domain. The review provides rehabilitation guidelines and physical activity recommendations for individuals living with multiple sclerosis.


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Development of Evidence-Informed Physical Activity Guidelines for Adults with Multiple Sclerosis

*Development of Evidence-Informed Physical Activity Guidelines for Adults with Multiple Sclerosis* is a review that describes best practices when developing physical activity guidelines for people with multiple sclerosis. The resource targets health care practitioners working with people with multiple sclerosis in a physical activity setting.


For more information about this resource, please visit [https://www.sciencedirect.com/science/article/pii/S0003999313004255](https://www.sciencedirect.com/science/article/pii/S0003999313004255) and click on “Get Access”.

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CEREBRAL PALSY

Cerebral Palsy Across the Lifespan

*Cerebral Palsy Across the Lifespan* is a professional development course designed for health care practitioners. The course provides information which may be useful for practitioners working with people with cerebral palsy in a physical activity setting.

For more information about this resource, please visit the Western Schools website at https://www.westernschools.com/Portals/0/html/H8328/zsiDAq_files/OEBPS/Text/H8328_ebooks-4.html

Health-Related Fitness for Children and Adults with Cerebral Palsy

*Health-Related Fitness for Children and Adults with Cerebral Palsy* is a fact sheet that details suggested physical activity participation guidelines for individuals with cerebral palsy. The fact sheet targets health care practitioners working with people with cerebral palsy in a physical activity setting.

For more information about this resource, please visit the American College of Sports Medicine website at https://www.acsm.org/read-research/resource-library/resource_detail?id=786f02e1-7d0c-4af7-b787-08bd84ce13db

Cerebral Palsy: Exercise Programming

*Cerebral Palsy: Exercise Programming* is a video designed for recreation practitioners working with people with cerebral palsy in a physical activity setting. The video provides information regarding physical activity prescription for individuals with cerebral palsy.

To access this resource created by the National Center on Health, Physical Activity and Disability, please visit https://www.youtube.com/watch?v=BU82cvSNUGQ
**Activity, Activity, Activity: Rethinking Our Physical Therapy Approach to Cerebral Palsy**

*Activity, Activity, Activity: Rethinking Our Physical Therapy Approach to Cerebral Palsy* is a commentary designed for health care practitioners, specifically targeting physical therapists. The paper provides a commentary on proposed approaches that should be taken when prescribing physical activity for people with cerebral palsy.


For more information about this resource, please visit https://academic.oup.com/ptj/article/86/11/1534/2805086

**Exercise Programming for Clients with Cerebral Palsy**

*Exercise Programming for Clients with Cerebral Palsy* is a fact sheet that may be useful for various practitioners working with people with cerebral palsy in a physical activity setting.

For more information about this resource, please visit the National Center on Health, Physical Activity and Disability website at http://www.nchpad.org/869/4965/Exercise~Programming~for~Clients~with~Cerebral~Palsy

**Cerebral Palsy and Exercise**

*Cerebral Palsy and Exercise* is a fact sheet designed for health care and recreation practitioners working with people with cerebral palsy in a physical activity setting. The fact sheet discusses cardiorespiratory fitness and explores the use of resistance training for individuals with cerebral palsy.

For more information about this resource, please visit the National Center on Health, Physical Activity and Disability website at http://www.nchpad.org/106/5704/Cerebral~Palsy
PARKINSON’S DISEASE

Parkinson’s Disease: Fitness Counts

*Parkinson’s Disease: Fitness Counts* is an educational handbook designed for health care practitioners working with people with Parkinson’s disease. The handbook provides information specifically for physical and occupational therapists regarding physical activity and increasing fitness levels among people living with Parkinson’s disease.

For more information about this resource, please visit the Parkinson’s Foundation website at http://www.parkinson.org/sites/default/files/Fitness_Counts.pdf

Fitness in Parkinson’s Disease

*Fitness in Parkinson’s Disease* is a fact sheet which provides strategies for creating physical activity programs for individuals with Parkinson’s disease. The resource may be useful to various practitioners working with people with Parkinson’s disease in physical activity settings.

For more information about this resource, please visit the National Center on Health, Physical Activity and Disability website at http://www.nchpad.org/792/4174/Fitness~in~Parkinson~s~Disease
Parkinson’s Disease and Exercise

*Parkinson’s Disease and Exercise* is a fact sheet designed for recreation practitioners, specifically exercise specialists. The resource provides physical activity guidelines and recommendations for individuals with Parkinson’s disease.

For more information about this resource, please visit the National Center on Health, Physical Activity and Disability website at http://www.nchpad.org/52/388/Parkinsons~Disease~and~Exercise

A Proactive Physical Management Model of Parkinson’s Disease

*A Proactive Physical Management Model of Parkinson’s Disease* is a commentary designed for health care practitioners, specifically targeting rehabilitation professionals. The commentary addresses symptom management and describes a physical activity promotion model for individuals with Parkinson’s disease at each stage of symptom progression.


For more information about this resource, please visit https://journals.lww.com/topicsingeriatricrehabilitation/Abstract/2006/04000/A_Proactive_Physical_Management_Model_of.8.aspx and click on “Buy This Article”.

HC  PD  F