

# Supporting Physical Activity among Canadians with Physical Disabilities

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



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## 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:

Bassett-Gunter, R.L., Angevaare, K., Tomasone, J., Leo, J., Varughese, B., Langvee, J., & Martin Ginis, K.A. (2019) A systematic scoping review: Resources targeting the training and education of health and recreation practitioners to support physical activity among people with physical disabilities. *Disability and Health*.

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## **CONTACT INFORMATION**

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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

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## 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".



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## 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.

The citation for the commentary is available here: Rimmer, J. H. (2006). Use of the ICF in identifying factors that impact participation in physical activity/rehabilitation among people with disabilities. *Disability and Rehabilitation*, 28(17), 1087-1095. <https://doi.org/10.1080/09638280500493860>

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](http://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>



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## 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://rivotline.org/inclusion>



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## SPINAL CORD INJURY

### 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.

The citation for the review paper is available here: Smith, B., Papathomas, A., Martin Ginis, K. A., & Latimer-Cheung, A. E. (2013). Understanding physical activity in spinal cord injury rehabilitation: Translating and communicating research through stories. *Disability and Rehabilitation*, 35(24), 2046-2055. <https://doi.org/10.3109/09638288.2013.805821>

For more information about this resource, please visit <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.

The citation for the review is available here: Cowan, R., Malone, L., & Nash, M. (2009). Exercise is Medicine: Exercise prescription after SCI to manage cardiovascular disease risk factors. *Topics in Spinal Cord Injury Rehabilitation*, 14(3), 69-83. <https://doi.org/10.1310/sci1403-69>

For more information about this resource, please visit <http://archive.scijournal.com/doi/abs/10.1310/sci1403-69> and click on "PDF".



## 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.

The citation for the paper is available here: Arbour-Nicitopoulos, K. P., Ginis, K. M., Latimer-Cheung, A. E., Bourne, C., Campbell, D., Cappe, S., ... Smith, K. (2013). Development of an evidence-informed leisure time physical activity resource for adults with spinal cord injury: The SCI get fit toolkit. *Spinal Cord*, 51(6), 491. <https://doi.org/10.1038/sc.2013.7>

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



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## 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.

The citation for the review is available here: Jacobs, P. L., & Nash, M. S. (2004). Exercise recommendations for individuals with spinal cord injury. *Sports Medicine*, 34(11), 727-751. <https://doi.org/10.2165/00007256-200434110-00003>

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.

The citation for the review is available here: Martin Ginis, K. A., Hicks, A. L., Latimer, A. E., Warburton, D. E. R., Bourne, C., Ditor, D. S., ... Wolfe, D. L. (2011). The development of evidence-informed physical activity guidelines for adults with spinal cord injury. *Spinal Cord*, 49(11), 1088-1096. <https://doi.org/10.1038/sc.2011.63as>

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.

The citation for the updated review is available here: Martin Ginis, K. A., van der Scheer, J. W., Latimer-Cheung, A. E., Barrow, A., Bourne, C., Carruthers, P., ... Hayes, K. C. (2018). Evidence-based scientific exercise guidelines for adults with spinal cord injury: An update and a new guideline. *Spinal Cord*, 56(4), 308-321.

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>



## Spinal Cord Injury Medicine. 4. Community Reintegration After Spinal Cord Injury

*Spinal Cord Injury Medicine. 4. Community Reintegration After Spinal Cord Injury* is a professional development resource for health care and recreation practitioners. The resource addresses barriers to physical activity participation that people with a spinal cord injury experience and suggests strategies for community reintegration.

The citation for the professional development resource is available here: Scelza, W. M., Kirshblum, S. C., Wurmser, L. A., Ho, C. H., Priebe, M. M., & Chiodo, A. E. (2007). Spinal cord injury medicine. 4. Community reintegration after spinal cord injury. *Archives of Physical Medicine and Rehabilitation*, 88(3), S71-S75. <https://doi.org/10.1016/j.apmr.2006.12.004>

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



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## 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.

The citation for the review is available here: Myslinski, M. J. (2005). Evidence-based exercise prescription for individuals with spinal cord injury. *Journal of Neurologic Physical Therapy*, 29(2), 104-106.

For more information about this resource, please visit [https://journals.lww.com/jnpt/fulltext/2005/06000/Evidence\\_based\\_Exercise\\_Prescription\\_for.7.aspx](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.

The citation for the review is available here: Nash, M. S. (2005). Exercise as a health-promoting activity following spinal cord injury. *Journal of Neurologic Physical Therapy*, 29(2), 87-103.

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/](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>



## 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>



## 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.

The citation for the commentary is available here: Burkow-Heikkinen, L. (2009). The role of personal trainers for stroke rehabilitation. *Neurological Research*, 31(8), 841-847. <https://doi.org/10.1179/016164109X12445505689724>

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

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### 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.

The citation for the review is available here: Gordon, N. F., Gulanick, M., Costa, F., Fletcher, G., Franklin, B. A., Roth, E. J., & Shephard, T. (2004). Physical activity and exercise recommendations for stroke survivors. *Circulation*, 109(16), 2031-2041.

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".

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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/>



## 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/>



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## 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.

The citation for the review paper is available here: Billinger, S. A., Arena, R., Bernhardt, J., Eng, J. J., Franklin, B. A., Johnson, C. M., ... Shaughnessy, M. (2014). Physical activity and exercise recommendations for stroke survivors: A statement for healthcare professionals from the American Heart Association/American Stroke Association. *Stroke*, 45(8), 2532-2553.

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/nwostroke/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.

The citation for the review is available here: Toedebusch, B., & LaFontaine, T. (2005). Strength and conditioning for persons with muscular dystrophy. *Strength and Conditioning Journal*, 27(3), 39-41.

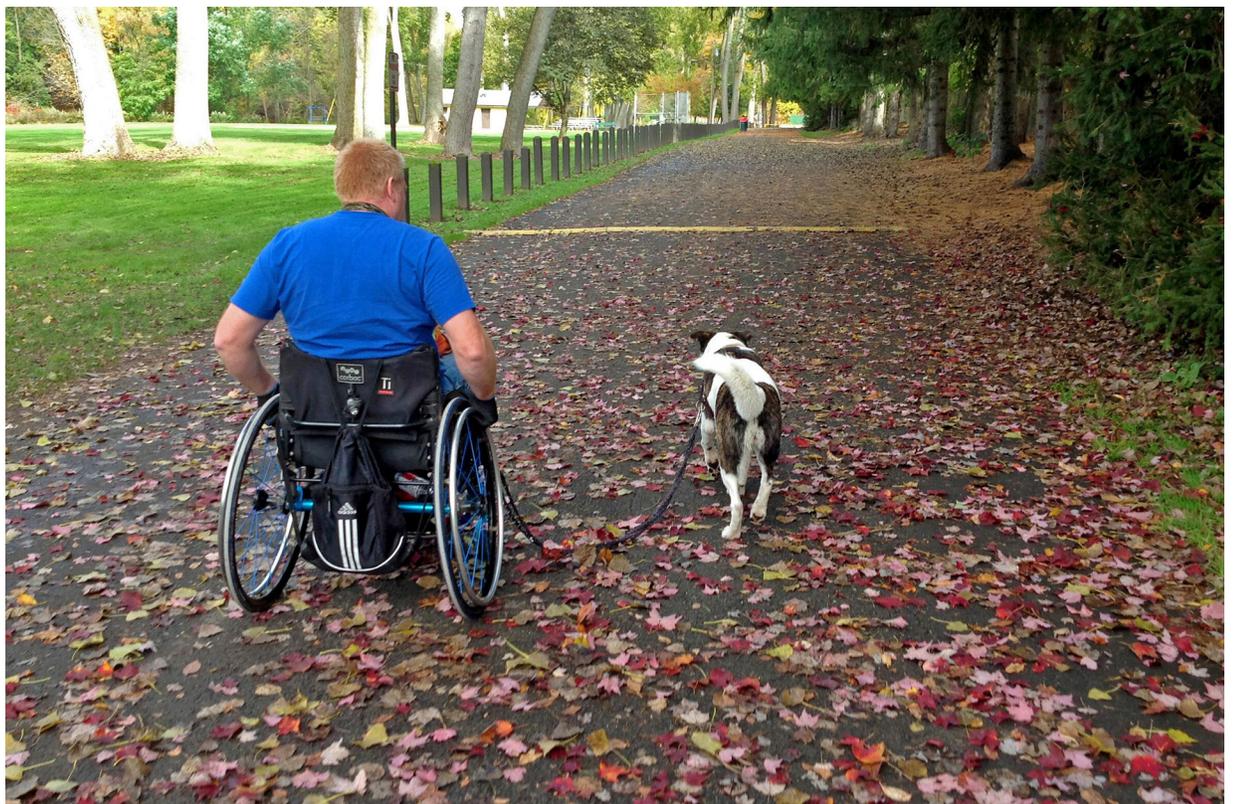
For more information about this resource, please visit <https://search.proquest.com/openview/638ba25319e4cf401b7878a1131b7bab/1?pq-origsite=gscholar&cbl=44253> and click on "Explore ProQuest".



### 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.

The citation for the paper is available here: Backus, D. (2016). Increasing physical activity and participation in people with multiple sclerosis: A review. *Archives of Physical Medicine and Rehabilitation*, 97(9), S210-S217. <https://doi.org/10.1016/j.apmr.2015.09.027>

For more information about this resource, please visit <https://www.sciencedirect.com/science/article/pii/S0003999316301514> and click on "Get Access".



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## 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.

The citation for the review is available here: Dalgas, U., Ingemann-Hansen, T., & Stenager, E. (2009). Physical exercise and MS recommendations. *The International MS Journal*, 16(1), 5-11.

For more information about this resource, please visit <http://www.rhone-alpes-sep.org/wp-content/uploads/2013/02/Recommandations-APA-SEP.pdf>



## 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.

The citation for the review is available here: Latimer-Cheung, A. E., Martin Ginis, K. A., Hicks, A. L., Motl, R. W., Pilutti, L. A., Duggan, M., ... Smith, K. M. (2013). Development of evidence-informed physical activity guidelines for adults with multiple sclerosis. *Archives of Physical Medicine and Rehabilitation*, 94(9), 1829-1836. <https://doi.org/10.1016/j.apmr.2013.05.015>

For more information about this resource, please visit <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](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](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.

The citation for the commentary is available here: Damiano, D. L. (2006). Activity, activity, activity: Rethinking our physical therapy approach to cerebral palsy. *Physical Therapy*, 86(11), 1534-1540. <https://doi.org/10.2522/ptj.20050397>

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](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>



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## 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.

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