

Abstract

Title: The rate of physical activity of people with spinal cord lesions

Objectives: Examining the applicability of the questionnaire "LTPA-SCI" created by spinal specialists of Centrum Paraple for the investigation of leisure physical activity in individuals after spinal cord lesion and other selected related lifestyle factors.

Methods: Quantitative research in the form of a non-standardized electronic questionnaire. Observational study consisting of a pilot survey of a sample of the population on the level of physical activity. The criteria for participation were clients of Centrum Paraple, with spinal cord damage complete and incomplete. 66 respondents, of which 53 men and 13 women. Minimum age 18 years and maximum unspecified.

Results: Quantitative statistical data processing and evaluation of hypotheses and research questions.

Keywords: complete/incomplete lesions, spinal cord damage (SCI), physical activity, health, motivation