**![A picture containing food

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**Day 2 2021 Exercise for Long-term Neurological Conditions.**

[Contained within this document are links to video clips, quizzes, templates and academic evidence concerning mental health disorders]

**Email addresses**

* [johnrobinson@wrightfoundation.com](mailto:johnrobinson@wrightfoundation.com)
* [grant@strength-physiology.online](mailto:grant@strength-physiology.online)

**YouTube & Quizlets**

* Spinal Cord Injury: Causes, Effects and Classifications [Link](https://youtu.be/ibrZzDZb-PU)
* Classifying Spinal Cord Injuries using ASIA Scoring [Explanation + Example 1] [Link](https://youtu.be/LErgPVcgHW0)
* Spinal Cord Online Lecture[Link](https://youtu.be/XIGdhsr68es)
* Neuromuscular Lecture [Link](https://www.youtube.com/watch?v=L1zxhOkv_5Y&feature=youtu.be)
* Spinal Cord Injuries [Link](https://quizlet.com/371070104/spinal-cord-injuries-flash-cards/)
* Other material on spinal cord injuries and anatomy [Link](https://www.kenhub.com/en/library/anatomy/the-spinal-cord)
* Section 2 Section – Neuromuscular system – [Link](https://www.strength-physiology.online/anatomy-exercise-physiology)

**Additional Exercise Recommendations**

* van der Scheer, J.W., Ginis, K.A.M., Ditor, D.S., Goosey-Tolfrey, V.L., Hicks, A.L., West, C.R. and Wolfe, D.L., 2017. Effects of exercise on fitness and health of adults with spinal cord injury: a systematic review. Neurology, 89(7), pp.736-745. [Link](https://n.neurology.org/content/89/7/736.short)
* Nightingale, T.E., Metcalfe, R.S., Vollaard, N.B. and Bilzon, J.L., 2017. Exercise guidelines to promote cardiometabolic health in spinal cord injured humans: time to raise the intensity?. Archives of physical medicine and rehabilitation, 98(8), pp.1693-1704. [Link](https://dspace.stir.ac.uk/bitstream/1893/25109/1/20170301-APMR_HIIT_Review_Final.pdf)
* Stone, W.J., Stevens, S.L., Fuller, D.K. and Caputo, J.L., 2018. Strength and step activity after eccentric resistance training in those with incomplete spinal cord injuries. Topics in spinal cord injury rehabilitation, 24(4), pp.343-352. [Link](https://meridian.allenpress.com/tscir/article/24/4/343/85731/Strength-and-Step-Activity-After-Eccentric)
* Tweedy, S.M., Beckman, E.M., Geraghty, T.J., Theisen, D., Perret, C., Harvey, L.A. and Vanlandewijck, Y.C., 2017. Exercise and sports science Australia (ESSA) position statement on exercise and spinal cord injury. Journal of Science and Medicine in Sport, 20(2), pp.108-115. [Link](https://espace.library.uq.edu.au/data/UQ_385083/UQ385083_OA.pdf?dsi_version=b59b5e9a67077b60fd1ad6bc3d9cb942&Expires=1623238865&Key-Pair-Id=APKAJKNBJ4MJBJNC6NLQ&Signature=OTKVmjA2dTsylahxcTcYKzcWB2Ei2wfp32hf2Lmn3FKgvQs2tEJ5BeHgnk~zcstbzGzph-ilXJ80Dvj~kTjUGB2OAmYtU~VA-MbVcWfSesXh0Pv9RsHzqTCbIFca4UwnkHJ8IoRFiDHgGcVAwL1v5TFSkH80erVEFmcBxz9MAFkR~4UWCtNIdgym0lTe0r9zyBs0eL8FqfpAiamk1d7b7w6G4ZaRjXfgo~fXuumrl6k9vXw1WBWcvmznthV5ZwjFOWc2kEG6WZomtcswRn5cjJ-zMBPMaekWYZaoYHaLanBL-BP-wyOyfVNQOjRF0NocZmGJYUhz~6yr3w0nZDV9tw__)
* Gaspar, R., Padula, N., Freitas, T.B., de Oliveira, J.P. and Torriani-Pasin, C., 2019. Physical exercise for individuals with spinal cord injury: systematic review based on the international classification of functioning, disability, and health. Journal of sport rehabilitation, 28(5), pp.505-516. [Link](https://journals.humankinetics.com/view/journals/jsr/28/5/article-p505.xml)
* Hoekstra, F., McBride, C.B., Borisoff, J., Fetterly, M.J., Ginis, S., Latimer-Cheung, A.E., Ma, J.K., Maffin, J., Mah, L., West, C.R. and Willms, R., 2020. Translating the international scientific spinal cord injury exercise guidelines into community and clinical practice guidelines: a Canadian evidence-informed resource. Spinal cord, 58(6), pp.647-657. [Link](https://www.nature.com/articles/s41393-019-0410-1)
* Birch, N., Graham, J., Priestley, T., Heywood, C., Sakel, M., Gall, A., Nunn, A. and Signal, N., 2017. Results of the first interim analysis of the RAPPER II trial in patients with spinal cord injury: ambulation and functional exercise programs in the REX powered walking aid. Journal of neuroengineering and rehabilitation, 14(1), pp.1-10. [Link](https://jneuroengrehab.biomedcentral.com/articles/10.1186/s12984-017-0274-6)
* Kandilakis, C. and Sasso-Lance, E., 2019. Exoskeletons for personal use after spinal cord injury. Archives of physical medicine and rehabilitation. [Link](https://www.sciencedirect.com/science/article/abs/pii/S000399931930396X)
* Rosly, M.M., Halaki, M., Rosly, H.M., Hasnan, N., Husain, R. and Davis, G.M., 2019, August. Arm exercises for individuals with spinal cord injury: Exergaming versus arm cranking. In 2019 IEEE 7th International Conference on Serious Games and Applications for Health (SeGAH) (pp. 1-7). IEEE. [Link](https://ieeexplore.ieee.org/abstract/document/8882460)

**Readings and Textbooks**

* Kuo, I.Y. and Ehrlich, B.E., 2015. Signaling in muscle contraction. Cold Spring Harbor perspectives in biology, 7(2), p.a006023. [Link](https://cshperspectives.cshlp.org/content/7/2/a006023.full)
* Gehlert, S., Bloch, W. and Suhr, F., 2015. Ca2+-dependent regulations and signaling in skeletal muscle: from electro-mechanical coupling to adaptation. International journal of molecular sciences, 16(1), pp.1066-1095. [Link](https://www.mdpi.com/1422-0067/16/1/1066)
* Jessen, N. and Goodyear, L.J., 2005. Contraction signaling to glucose transport in skeletal muscle. Journal of Applied Physiology, 99(1), pp.330-337. [Link](https://journals.physiology.org/doi/full/10.1152/japplphysiol.00175.2005)
* Orthopaedic Neurology: A Diagnostic Guide to Neurologic Levels [Link](https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:5c18d586-b5ee-45af-b56a-cded8ad1ec59)
* Fundamentals of neurology: an illustrated guide [Link](https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:0e37de74-9d82-4f07-a970-d0328a8d9578)
* American Spinal Injury Association (ASIA) ImpairmentScale [Link](https://www.icf-casestudies.org/introduction/spinal-cord-injury-sci/american-spinal-injury-association-asia-impairment-scale)
* Anatomy of the Spine and Peripheral Nervous System [glossary of terms] [Link](https://www.aans.org/Patients/Neurosurgical-Conditions-and-Treatments/Anatomy-of-the-Spine-and-Peripheral-Nervous-System)
* Exercise after stroke documentation [Link](https://services.nhslothian.scot/Stroke/community/Pages/Exerciseafterstrokedocumentation.aspx)
* ACSM's Resources for Clinical Exercise Physiology Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions [Link](https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:40ab230f-a7db-4d9b-be52-9c6c61ef49a8)
* Exercise Physiology in Special Populations Advances in Sport and Exercise Science [Link](https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:9a204b13-2e8f-4dd0-8b35-d8d31ee444ee)