

Supporting Physical Activity among Canadians with Physical Disabilities

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



cdpp

Canadian Disability Participation Project

Le projet canadien sur la participation sociale
des personnes en situation de handicap

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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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

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".



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



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/>

NS

GEN

F



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>

REC

GEN

F

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



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".



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".



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



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/



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".



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".



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/>



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.

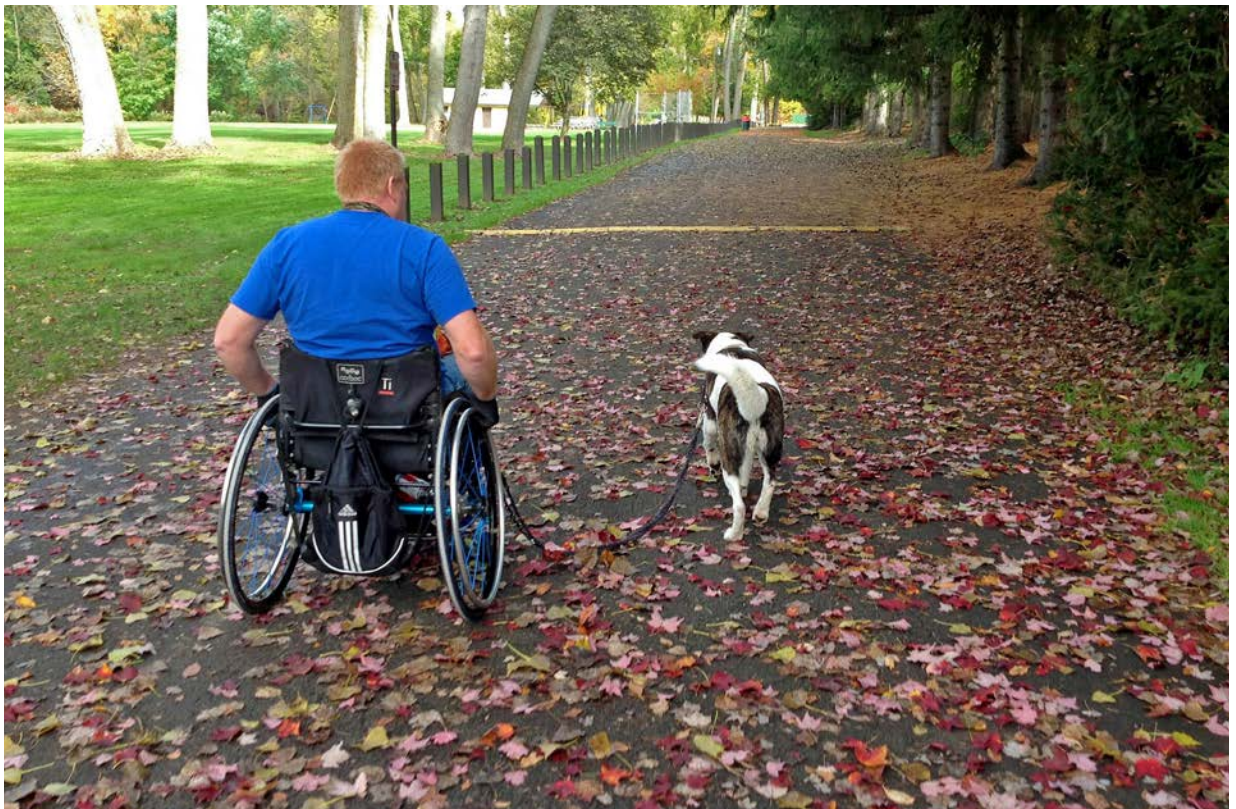
For more information about this resource, please visit <https://search.proquest.com/openview/638ba25319e4cf401b7878a1131b7bab/1?pq-origsite=gscholar&cbl=44253> and click on "Explore ProQuest".



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".



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".



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.

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



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.

The citation for the commentary is available here: Turnbull, G. I., & Millar, J. (2006). A proactive physical management model of Parkinson's disease. *Topics in Geriatric Rehabilitation*, 22(2), 162-171.

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".

