

## **Habitual physical activity, exercise and cardiovascular function in spinal cord injury**

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### Lay Summary:

The major objectives of this research program are to measure the function of the heart and blood vessels following SCI and to investigate the mechanisms that are responsible for any changes that occur. A second objective is to examine the effect that both physical activity, which describes any bodily movement, and structured exercise have on the health of the heart and blood vessels. In people without SCI we know that maintaining an active lifestyle can improve the health of the heart and blood vessels. For people with SCI the type and amount of physical activity and exercise that they can perform is severely limited, and is usually restricted to exercising the arms only. In the present research program we will investigate whether a new form of exercise that exercises both the arms and the legs of people with SCI is able to improve the health of the heart and blood vessels.