



Benefits to Exercise

- Prevents secondary conditions
- Lubricates joints to prevent further injury
- Increases blood flow- prevents skin breakdown
- Increases physical independence
- Increases self-confidence



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Upper Body Movement Program Utilizing Clinical Video Telehealth to Home



Program Design

WHAT:

- Low impact bilateral upper extremity aerobic exercise program completed in a seated position in the comfort of the veteran's home
- Led by an Occupational Therapist through the utilization of Clinical Video Telehealth (CVT) to Home
- Program consists of a brief discussion of an educational topic (5 Minutes), 5 minute warm-up, 10 minutes of various aerobic exercises & 5 minute cool down
- 25 minute exercise sessions, one time per week, 5-10 sessions

WHY:

- Fun and convenient way for Veterans to access exercise
- Provides the Veterans an opportunity to socially interact with others who are also living with a spinal cord injury or related disorders (SCI/D)
- Provides continuing education on exercise through a virtual modality

Educational Topics:

- Benefits to exercise
- Increasing independence
- Decreasing caregiver use
- Increasing self-care
- Increasing activities of daily living (ADL) participation

Quotes of Success:

“Good workout! I can feel the burn!”

- VISN22 SCI Veteran

“It makes me feel better by the end of the exercise”

- VISN22 SCI Veteran

Expected Outcomes:

- Maintain/increase bilateral upper extremity range of motion (B UE ROM)
- Maintain/increase B UE Endurance
- Maintain/increase Self-care
- Maintain/increase ADL participation
- Increase cardiovascular function
- Increase social participation
- Increase self-confidence

Inclusion Criteria:

- SCI/D Patient
- Moderate B UE ROM
- Moderate B UE Endurance
- Already engaged in an established home exercise program (HEP) per MD approval/consult from a health professional
- Access to a computer with a video camera, speakers, and a telephone

Rate of Perceived Exertion (RPE) Scale:

- Easy & reliable way to self-measure exercise intensity
- 0-10 rating scale (0: no exertion at all, 10: Maximum exertion)
- Goal: stay between 2 & 5 (light to moderate activity)

RPE Scale (Rate of Perceived Exertion)	
1	Very Light Activity (anything other than complete rest)
2-3	Light activity (feels like you can maintain for hours, easy to breath and carry on a conversation)
4-5	Moderate Activity (feel like you can exercise for long periods of time, able to talk and hold short conversations)
6-7	Vigorous Activity (on the verge of becoming uncomfortable, short of breath, can speak a sentence)
8-9	Very Hard Activity (difficult to maintain exercise intensity, hard to speak more than a single word)
10	Max Effort (feels impossible to continue, completely out of breath, unable to talk)