



SPINAL CORD INJURY RECOVERY

To Whom It May Concern,

Your patient has applied to participate in Project Walk Spinal Cord Injury Recovery Center. Project Walk is an intensive activity-based recovery program for individuals with a spinal cord injury (SCI). The program is designed to provide the optimum potential for regaining function below injury level.

The workouts at Project Walk involve intense, dynamic, weight bearing exercises. Outlined below are examples of activities your patient may be required to perform. Please take a moment and consider the type of exercises in relation to the bone density of your patient.

Exercises performed by your patient with assistance, no matter their level of injury, may include:

- Rolling: prone to supine, supine to prone
- Transfers: between chair and table/box, chair and floor, chair and equipment
- Active and passive range of movement exercises through multiple planes of motion incorporating the whole body (including spinal rotation and full hip range of motion)
- Hands and knees (or elbows and knees), kneeling, crawling, standing
- Walking

All Project Walk clients over 3 months post injury must obtain a bone density assessment and are required to submit a copy of the bone density report with a doctor's interpretation before their first session at Project Walk. We do not interpret bone density reports. Clients must update bone density assessment annually. Bone densities are not required for clients under 18 years old.

We require bone density scans because research has shown that dramatic bone loss occurs in individuals with spinal cord injury (SCI) (Garland et al., 1992), with loss of bone accelerated immediately after SCI (Maimoun et al., 2006) and becoming more severe in the lower limbs compared to the upper extremities (Dauty et al., 2000). Bone loss seems to be greater in individuals with complete injury versus incomplete injury (Saltzstein et al., 1992). This is of clinical significance as a greater incidence of fractures of the proximal tibia and distal femur has been observed in this population compared to the able-bodied (Ragnarsson and Sell, 1981).

To determine if your patient is eligible to participate in Project Walk, and minimize their risk of potential injury, we require from you, as their treating practitioner, the following:

1. A copy of your patient's bone density report. The report must include regional bone densities of the hip and femur. Do not provide only total body scans.
2. Your interpretation of the T-score and Z-score from the bone density report on your letterhead (as we do not interpret the results)
3. Any general comments/recommendations in relation to your patient

If you wish to discuss Project Walk or have any questions or concerns, please contact our Headquarters at 760-431-9789.

Sincerely,

A handwritten signature in black ink, appearing to read "Eric Harness".

**Eric Harness, CSCS, CSRS III**

Co-Founder

Direct of Research and Development

PROJECT WALK SPINAL CORD INJURY RECOVERY

WWW.PROJECTWALK.ORG

*The world leader in SCI recovery, providing an improved quality of life for people with SCI through intense activity-based recovery programs, education, training, research and development*