

Better Evidence is needed for rehabilitation of persons with Spinal Cord Injury

Aim

To present Cochrane Evidence related to rehabilitation of persons with Spinal Cord Injury (SCI).

Methods

The Cochrane Library has been searched for Cochrane Systematic Reviews (CSRs) and Protocols (CPs) addressing the effectiveness of rehabilitation interventions in people with SCI. Articles were included if relevant to rehabilitation in SCI and irrespective of a specific intervention or outcome.

Key Results

- 3 out of 4 CSRs (75%) reported inconclusive results;
- The CSRs reported the need of randomized controlled trials (RCTs):
 - Of larger sample size (100%);
 - With long-term follow up (75%);
 - Of better methodological quality (75%).

Conclusions

The CSRs performed on rehabilitation related topics in persons with SCI are **highly heterogeneous** in terms of **interventions** and **outcomes**; **not recently updated** and **few** compared to other clinical conditions and most of them are **inconclusive**. **New and better RCTs** on spinal cord injury are **needed** and will lay the **foundations for the production of new CSRs**.

Cochrane Library
Search Term: "Spinal Cord Injury"



Overall search results:
41 CSRs – 5 CPs

2 Rehab CPs
(Pub years: 2013-2019)

4 Rehab CSRs
(Pub years: 2000-2014)

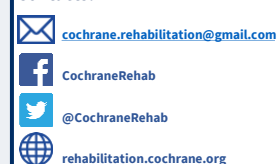
Cochrane Systematic Reviews

1. Mehrholz J, Kugler J, Pohl M. Locomotor training for walking after spinal cord injury. Cochrane Database of Systematic Reviews **2012**, Issue 11. Art. No.: CD006676. DOI: 10.1002/14651858.CD006676.pub3.
2. Boldt I, Eriks-Hoogland I, Brinkhof MWG, de Bie R, Joggi D, von Elm E. Non-pharmacological interventions for chronic pain in people with spinal cord injury. Cochrane Database of Systematic Reviews **2014**, Issue 11. Art. No.: CD009177. DOI: 10.1002/14651858.CD009177.pub2.
3. Taricco M, Adone R, Pagliacci C, Telaro E. Pharmacological interventions for spasticity following spinal cord injury. Cochrane Database of Systematic Reviews **2000**, Issue 2. Art. No.: CD001131. DOI: 10.1002/14651858.CD001131.
4. Berlowitz DJ, Tamplin J. Respiratory muscle training for cervical spinal cord injury. Cochrane Database of Systematic Reviews **2013**, Issue 7. Art. No.: CD008507. DOI: 10.1002/14651858.CD008507.pub2.

Cochrane Protocols

1. Montenegro C, Soto C, Rada G. Antiresorptive agents for the prevention of fractures after spinal cord injury. Cochrane Database of Systematic Reviews **2013**, Issue 12. Art. No.: CD010892. DOI: 10.1002/14651858.CD010892.
2. Vasanthan LT, Nehrujee A, Solomon J, Tilak M. Electrical stimulation for people with spinal cord injury. Cochrane Database of Systematic Reviews **2019**, Issue 11. Art. No.: CD013481. DOI: 10.1002/14651858.CD013481.

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Evidence-Based Practice in Spinal Cord Injury: a narrative overview of Cochrane Systematic Reviews.

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