Table H-20. Strength of evidence for Key Question 2e: harms of physical activity

| **Intervention** | **Comparator** | **Outcome** | **Number of RCTs (Participants)****Author Year****(See Appendix B for Full Citation)** | **Study Limitations** | **Consistency** | **Precision** | **Reporting Bias** | **Strength of Evidence** | **Findings, Direction and Magnitude of Effect** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Intensive whole body exercises | Intensive upper body exercises | Autonomic dysreflexia | 1 (116)Galea, 2018 | Moderate | Unknown | Unknown as number of events rather than number of persons with event | Not detected | Moderate-strength evidence that AD can occur with exercise in SCI; Low-strength evidence that risk is increased with whole body vs. upper body exercise in SCI | 26 episodes of AD (3 serious) with intensive exercise along with 5 episodes of dizziness/ nausea vs. 7 episodes in upper body exercise along with 15 episodes of headache (n=60 whole body exercises vs. n=56 in upper body exercises group) |
| HippotherapyPilatesBalance exercisesUsual physio-therapy | Usual care, no treatment | Falls | 6 (456)Kwon, 2015Deutz, 2017Vermohlen, 2018Fox, 2016Carling, 2017Gandolfi, 2015 | Moderate | Consistent | Imprecise | Not detected | Insufficient | RR 3.74, 95% CI 0.80 to 17.45, p=0.093Gandolfi p<0.005Kwon 2 falls, groups not specified |
| Multiple interventions | Usual care, no treatment, other interventions | Most frequently reported AEs: Joint pain, joint swelling, muscle soreness, muscle cramps, sprain, strains, arm pain, leg pain | Multiple studies | Moderate | Unknown | Unknown | Potential reporting bias as many trials did not address harms | Insufficient | Not possible to determine among outcomes which are due specifically to an overuse; no intervention was more likely to lead to muscle and joint pains than another based on current evidence; pains were also frequent in control groupsAll population subgroups also had insufficient evidence for AEs due to inadequate reportingAll intervention subgroups also had insuffient evidence for AEs due to inadequate reporting |

Abbreviations: AE = adverse event; RR = risk ratio; SCI = spinal cord injury