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Motivations & Barriers to Participation in Exercise & Sport: A review of the literature
Sarah Deans, MSc
BACKGROUND

SPEED - Sporting Prosthetics for Everyday & Elite Athletes with a Disability
AIMS & OBJECTIVES

Physical Activity in the Amputee Population

Motivations and Barriers

Critical Relevance
METHODOLOGY

Databases
Search Strategy
Studies considered
Review methods

SUBJECT HEADINGS & KEYWORDS

- Amputation, amputee, amput*, prosth*e*
- Sports, exercise, physical activity, exercise therapy, physical training, physical fitness
- Motivation, self efficacy, self esteem, attitude, self concept, participation, motiv*
### METHODOLOGY

**Screening**

<table>
<thead>
<tr>
<th>Inclusion Criteria</th>
<th>Exclusion Criteria</th>
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<tbody>
<tr>
<td>Acquired or congenital amputation</td>
<td>Mixed populations</td>
</tr>
<tr>
<td>Peer reviewed journals</td>
<td>Studies which reported swimming without prosthesis</td>
</tr>
<tr>
<td>Written or translated into English</td>
<td>Newsletter articles</td>
</tr>
<tr>
<td>No limits on publication year</td>
<td></td>
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<tr>
<td>No limits on participant numbers</td>
<td></td>
</tr>
</tbody>
</table>
RESULTS

Keyword search
n=503

Duplicates removed
n=361

Articles meeting inclusion criteria
n=19

Thematic Groups

- Recreation & sports activities
- Physical fitness
- Functional outcome
- Body image, mastery & empowerment
- Motivations, barriers, physical activity, sports
DISCUSSION


DISCUSSION

10 participants with traumatic amputation
Motivations – universal & unique benefits
Barriers – physical, psychosocial, societal

CONCLUSIONS

Younger people with traumatic amputation are generally involved in sports.

How do we empower the older person with amputation and co-morbidity to participate in physical activity, exercise and sports?

Let research on the ‘normal’ population inspire and inform us.
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www.strath.ac.uk/prosthetics/research/speeadsportingprosthetics
Predictive factors for successful early prosthetic ambulation among lower-limb amputees


INTRODUCTION

Lower-limb amputation can be caused by a wide variety of conditions, including trauma, vascular disease, and metabolic disorders. The rehabilitation process post-amputation is crucial for successful ambulation and quality of life. The goal of this study is to identify predictive factors for successful early prosthetic ambulation among lower-limb amputees...

The National Centre for PROSTHETICS and ORTHOTICS