

Mobility

Functional mobility, one of the basic activities of daily living (ADL) in the fields of [health care](#) and [rehabilitation](#).

[Fitness](#) and [mobility](#) are associated with barrier [behaviors](#) (i.e. encounters and avoidances) among individuals with [tetraplegia](#), but not [paraplegia](#). Despite a greater barrier avoidance rate, persons with tetraplegia do not perceive more physical barriers than persons with paraplegia. Surprisingly, fitness and [mobility](#) were not related to perception of barriers in either group. More research is required on if barrier perception, behavior, or both influence participation, to enable [rehabilitation](#) programs to tailor interventions to enhance participation ¹⁾.

¹⁾

Callahan MK, Cowan RE. Relationship of fitness and wheelchair mobility with encounters, avoidances, and perception of environmental barriers among manual wheelchair users with Spinal Cord Injury. Arch Phys Med Rehabil. 2018 Jul 4. pii: S0003-9993(18)30439-8. doi: 10.1016/j.apmr.2018.06.013. [Epub ahead of print] PubMed PMID: 29981312.

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