

## ABSTRACT

### BACKGROUND

Traumatic Spinal Cord Injury (SCI) is a leading cause of disability. Varying injury level and severity generate a spectrum of neurological dysfunction and a reduction in long-term Quality of Life (QOL) with a decrease in mobility.

### AIMS AND OBJECTIVES

This study was aimed to evaluate the add-on effect of a Yoga program along with physiotherapy on individuals with paraplegia.

### METHODS

**Participants:** A total of 124 spinal cord injury (SCI) patients of both genders with age range 18–60 years, having incomplete SCI (AIS)-C and (AIS)-D, and admitted to the rehabilitation center, India, were randomly allocated into two groups, i.e., (i) experimental group - Integrated Yoga and Physiotherapy (IYP) (n=62; age means and SD:  $33.97 \pm 10.0$  years), and (ii) control group - Physiotherapy (PT) (n=62; age mean and SD:  $32.84 \pm 9.5$  years).

**Design:** Two groups pre-post randomized controlled clinical trial.

**Assessments:** The outcome assessments consisted of primary outcomes: (i) American Spinal Injury Association Impairment (ASIA) scale, (ii) c-Reactive Protein (CRP), (iii) Spinal Cord Injury Independence Measure (SCIM), and (iv) Medically Based Emotional Distress Scale (MEDS). The secondary outcome measures were: (i) Body Mass Index (BMI), and (ii) Quality of Life Index Spinal Cord Injury - Version III were measured in both groups at the beginning and end of one month.

**Intervention:** The experimental group underwent one-month combined practice of physiotherapy and yoga therapy, in a schedule of 75-min/day (6-days/week), whereas the control group underwent physiotherapy treatment alone.

**RESULTS:** The IYP group showed a significant reduction in scores of CRP ( $p<0.001$ ), SCIM ( $p<0.001$ ), MEDS ( $p<0.001$ ), and improvement in the quality of life (SCI-QoL Index) ( $p<0.001$ ) compared to control group.

**CONCLUSION:** One-month comprehensive Integrated Yoga and Physiotherapy program is more effective than physiotherapy intervention alone, in the management of paraplegia patients.