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

SPEEAD - 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*  
Sports, exercise, physical activity, exercise therapy, physical training, physical fitness  
Motivation, self efficacy, self esteem, attitude, self concept, participation, motiv*
METHODOLOGY

Screening

Inclusion Criteria
- Acquired or congenital amputation
- Peer reviewed journals
- Written or translated into English
- No limits on publication year
- No limits on participant numbers

Exclusion Criteria
- Mixed populations
- Studies which reported swimming without prosthesis
- Newsletter articles
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


**Rubin & Fleiss, 1983.** Devices to enable persons with amputation to participate in sports. *Archives of Physical Medicine & Rehabilitation, 64 (1)*: 37-41

**Harney, 1995.** Amputees in athletic sports. *Physiotherapy in Sport, 18 (3)*: 6-7

**Webster, Levy, Bryant, Prusakowski, 2001.** Sports and recreation for persons with limb deficiency. *Archives of Physical Medicine & Rehabilitation, 82 (3)*: S38-44


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.
http://www.sparcoll.org.uk
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www.strath.ac.uk/prosthetics/research/speeadsportingprosthetics
Predictive factors for successful early prosthetic ambulation among lower-limb amputees