

The Best Practices For Spinal Cord Injury Physical Activity Counselling

The best practices focus on *how* to have a conversation and *what* to discuss during a conversation about physical activity with clients with a spinal cord injury (SCI). This is a summary of the best practices.

How do you have the conversation?

The tone you use during a conversation, the words you choose, the way you ask your questions, and the way you respond to your client are key elements to a positive and successful counselling experience for you and your client. The best practices are:

- Build rapport and establish a relationship with your client.
- Use a client-centered approach following the spirit of Motivational Interviewing.
- Tailor the support to your client's motivation for physical activity and their current needs, values, wishes and preferences.

What do you say during the conversation?

The content of each conversation can vary depending on your client's needs and their motivation. This section is divided into best practices that you **should always do** in every conversation and best practices that **you should consider** doing.

You should always:

- Ask your client about their current physical activity behaviour.
- Understand your client's physical activity capability, opportunity and motivation.
- Identify and understand your client's physical activity barriers and work together with your client to develop possible solutions to overcome these barriers.

You should consider:

- Working together with your client to set a physical activity goal and create an action plan.
- Providing information to your client on benefits of physical activity.
- Sharing the physical activity guidelines for adults with SCI.
- Sharing physical activity examples.