

<b>Author Year</b> <b>Country</b> <b>Research Design</b> <b>Score</b> <b>Sample Size</b>	<b>Methods</b>	<b>Outcome</b>
<p><a href="#">Thomaz et al. 2005</a></p> <p>Brazil</p> <p>Pre-post</p> <p>Level 4</p> <p>N = 34</p>	<p><b>Population:</b> 34 men: 23 complete (C4-C8) tetraplegia &amp; 11 healthy controls. median age: 25yrs (treatment) &amp; 27yrs (control), 2-89 months post-injury, AIS A-B</p> <p><b>Treatment:</b> Spirometry immediately before and 5-15min following immersion to shoulder level in water (33.5°C-34.5°C) and 5-10min after withdrawal from the water. All participants were studied in upright, seated posture, in &amp; out of the water.</p> <p><b>Outcome Measures:</b> Spirometric measurements.</p>	<ol style="list-style-type: none"> <li>1. Immersion increased the FVC and FEV<sub>1</sub> of tetraplegic participants. FVC and FEV<sub>1</sub> decreased in control participants.</li> <li>2. Among the participants with tetraplegia, the lower the pre-immersion VC, the greater the percentage of improvement following immersion.</li> <li>3. No relationship was found between the time elapsed since cervical cord injury or its level and the degree of improvement.</li> </ol>