

Author Year Country Research Design Score Sample Size	Methods	Outcome
Halstead et al. 2010 USA Pre-post Level 4 N = 10	<p>Population: 10 males; tetraplegia; SCI injury C5-C8; 7 AIS A, 3 AIS B, age 32.5; DOI 8.8.</p> <p>Treatment: Oxandrolone (20 mg/day orally in divided doses, 8 weeks).</p> <p>Outcome Measures: FVC, FEV₁, FEV₁/FVC, PEFR, maximum ventilator volume (MVV).</p>	<ol style="list-style-type: none"> Following treatment there were non-significant increases in FVC by 3.3%, FEV₁ by 3.1% and MVV by 9.3%; and a non-significant decrease in PEFR by 3.4%. Administration of oxandrolone over 8 weeks had no effect on pulmonary function.
Spungen et al. 1999 USA Pre-post Level 4 N = 10	<p>Population: 10 tetraplegia (C4-5), motor complete, all male, mean(SD) age: 41(9) yrs, 16(8) yrs post-injury.</p> <p>Treatment: Administration of oxandrolone 20 mg/day for 1 month.</p> <p>Outcome Measures: Weight gain, spirometry, MIP, MEP, resting self-rate of dyspnea (Borg scale), serum lipid profiles and liver function tests.</p>	<ol style="list-style-type: none"> On average, participants gained 1.4(1.5) kg (2(2)%). A significant improvement was seen in combined measures of spirometry (9(2)%). A significant improvement was seen in MIP (10(7)%). The improvement in MEP was not significant (9(13)%). Borg scale decreased by an average of 37(28)%.