

Author Year; Country Score Research Design Total Sample Size	Methods	Outcome
Tan et. al, 2014 USA Cross-sectional N = 27	<p>Population: 27 men with SCI; AIS A-C; C4 or lower; age: 40.7 years; TPI: 13 years; 19 paraplegic, 8 tetraplegic, 22 motor complete and 5 motor incomplete SCI individuals.</p> <p>Outcome Measures: Plasma adiponectin level quantified by ELISA assay (Alpco Diagnostics, Salem, NH).</p>	<p>1. Adiponectin Range of values [mean±SD]: SCI in total: 4214 ± 1954 ng/ml SCI with fractures: 5657±3003 ng/ml SCI without fractures: 3802±1380 ng/ml Normal range: - MCID/LSC: CV was < 10% Important association: adiponectin was inversely associated with axial stiffness and maximal load after adjusting for injury duration, and lower extremity lean mass and positively associated with lower extremity lean mass. Participants with osteoporotic fractures had significantly higher adiponectin levels compared to those without an osteoporotic fracture.</p>
Doubelt et. al 2015 Canada Cross-sectional observational study N = 42	<p>Population: 34 participants with chronic SCI (AIS A-D, C1 – T12, mean age: 40 years, mean TPI: 12.7 years), 12 paraplegics, 22 tetraplegics, 17 motor complete and 17 motor incomplete SCI individuals. 8 non-SCI individuals as comparison group - sex, age,</p>	<p>1. Adiponectin Range of values (min – max): SCI: 8 – 200 ng/ml; Controls: 7.2 – 39.9 ng/ml; Range of values [mean±SD]: SCI: 40.5 ± 44.0 ng/ml</p>

	<p>waist circumference, and BMI matched</p> <p>Outcome Measures: Serum adiponectin, leptin and insulin using the Milliplex Map Kit for Human Adipokine Magnetic bead Panel 2 (Millipore Corporation, Billerica, CA)</p>	<p>Controls: 18.7 ± 10.5 ng/ml Normal Range: - MCID/LSC: - Important association: Adiponectin was positively correlated with lumbar spine aBMD.</p> <p>2. Leptin Range of values (min – max): SCI: 0.21 – 180 ng/ml Controls: 1 - 16 ng/ml Range of values [mean±SD]: SCI: 14.8 ± 31.4 ng/ml Controls: 5.7 ± 5.2 ng/ml</p> <p>Normal value: - MCID/LSC: - Important association: SCI cohort showed significant associations between aBMD at the femoral neck and lumbar spine with leptin.</p> <p>3. Insulin: Range of values (min – max): SCI: 58 – 1180 pg/L Controls: 111 – 437 pg/L Range of values [mean±SD]: SCI: 288 ± 234 pg/L Controls: 236 ± 116 pg/L</p> <p>Normal value: - MCID/LSC: - Important associations: SCI cohort showed significant associations between aBMD at the</p>
--	--	---

		femoral neck and lumbar spine with insulin.
Invernizzi et. al 2015 Italy Case-Control Study N =43	Population: 28 participants (23 men, 5 women) with chronic SCI; AIS A-C; C5 – T12; age: 40.5 ± 7.1 years; TPI: 90.8 ± 53.1 months; 24 paraplegic, 4 tetraplegic, 22 motor complete and 6 motor incomplete SCI individuals. 15 healthy controls (5 men, 10 women; age: 28.4 ± 4.1 years). Outcome Measures: insulin-like growth factor I	1. Insulin Range of values [mean±SD]: SCI: 177.6 ± 47.7 ng/ml Controls: 241.1 ± 92.8 ng/ml Normal value: - MCID/LSC: - Important associations: -

* All data expressed as mean±SD, unless expressed otherwise.