

Author Year Country PEDro Score Research Design Sample Size	Methods	Outcomes
Javierre et al. 2006 Spain Pre-Post N=21	<p><b>Population:</b> Mean age=34 yr; Gender: males=21, females=0; Level of injury: paraplegia=18, tetraplegia=3; Severity of injury: AISA A=57%, B=28%, C=10%, D=5%; Time since injury=8.5 yr.</p> <p><b>Intervention:</b> Omega 3-fatty acid supplementation for 6 mo: 1.5 g/day docosahexaenoic acid (DHA), 0.60 g/day eicosapentaenoic acid (EPA) and 9 mg/day alpha-tocopherol combined in a pill. Two pills were taken three times daily.</p> <p><b>Outcome measures:</b> Lab exercise test (O<sub>2</sub> uptake, CO<sub>2</sub> production, ventilation exchange [VE], heart rate, skin temperature, arm and leg blood pressure), dynamometry test, and aerobic field test.</p>	<ol style="list-style-type: none"> <li>1. At 3 months, the study showed an increased plasma concentration of DHA and EPA (<math>p&lt;0.05</math>).</li> <li>2. As the study progressed a significant decrease was seen in O<sub>2</sub> consumption (<math>p&lt;0.05</math>) and systolic blood pressure (<math>p=0.012</math>).</li> <li>3. Body weight, glucose levels, uric acid and lactate remained constant.</li> <li>4. As workload increased, O<sub>2</sub> uptake increased; however, this trend progressively declined over time (<math>p&lt;0.001</math>).</li> <li>5. Time to complete 20 reps at 70% maximum load declined by 28% from baseline to 3mo testing , 13% from 3mo testing to 6mo testing and 41% from baseline to 6mo testing.</li> <li>6. All muscle groups showed a significant improvement (<math>p&lt;0.05</math>).</li> <li>7. No improvement was noted for the aerobic test although the anaerobic test showed improvement in time for a 90 meter distance between day 1 and 2 only (<math>p&lt;0.05</math>).</li> </ol>
Javierre et al. 2005 Spain Pre-post N=19	<p><b>Population:</b> Severity of injury: AISA A–D; Time since injury=&gt;12 yr.</p> <p><b>Intervention:</b> Subjects were administered daily doses of 1.5 g docosahexaenoic acid (DHA) and 0.75 g eicosapentaenoic acid (EPA) in the form of gelatin pearls, 6 per day to be taken with their principal meals.</p> <p><b>Outcome Measures:</b> Plasma DHA, EPA, total, very low density, low density, and high density lipoprotein, triglycerides, and overnight fasting glucose.</p>	<ol style="list-style-type: none"> <li>1. Plasma EPA and DHA increased significantly (<math>p&lt;0.05</math>) in response to the intake of the supplement at 3 months and 6 months (<math>p&lt;0.05</math>).</li> <li>2. No differences in all types of cholesterol, triglycerides, or glucose were observed.</li> </ol>