

Author Year Country PEDro Score Research Design Sample Size	Methods	Outcomes
<p>Nash et al. 2007 USA PEDro=5 Cross-over RCT N=3</p>	<p>Population: Mean age=38.7 yr; Gender: males=2, females=1; Level of injury: paraplegia=1, tetraplegia=2; Severity of injury: AISA C=2, D=1; Time since injury=11.3 yr. Intervention: On a 24m oval track, subjects walked to fatigue consecutively over 5 days. In trial 1, once fatigued, subjects consumed 48 g of vanilla whey and 1g/kg patient body weight of carbohydrate (CHO). Control subjects received a soy placebo solution. Subjects rested over the weekend then repeated the procedure. After a two week washout period, individuals crossed over to receive the alternate treatment.</p> <p>Outcome Measures: Ambulation time, distance walked, and energy expenditure.</p>	<p>1. Regardless of testing order, the average ambulation time was 17.8% longer (32.0 min versus 27.1 min), distance walked was 37.9% longer (470 m versus 341 m), and energy expenditure to fatigue was 12.2% greater (731k J [174kcal] versus 651 kJ [155kcal]) with the whey and CHO supplement than placebo.</p>