

<b>Author Year; Country PEDro Score Research Design Sample Size</b>	<b>Methods</b>	<b>Outcomes</b>
Asknes et al. 1993 Sweden Prospective Controlled Trial N=13	<p><b>Population:</b> SCI (N=7): Age range=21-34 yr; Gender: males=7, females=0; Severity of injury: Frankel A=7, complete=7, incomplete=0; Time since injury=1-11 yr; Non-SCI controls (N=6): Age range=18-30 yr; Gender: males=6, females=0.</p> <p><b>Intervention:</b> Patients were divided into two groups and received either a liquid form mixed meal (52% carbohydrates, 37% fat, and 11% protein) or water.</p> <p><b>Outcome Measures:</b> O<sub>2</sub> uptake, respiratory exchange (RE), blood glucose (BG), insulin, catecholamines, heart rate (HR), and energy expenditure (EE).</p>	<ol style="list-style-type: none"> <li>1. Basal O<sub>2</sub> uptake, EE, BG, insulin and noradrenaline levels was lower in the treatment group compared to controls (p&lt;0.01 for all); HR was high for both groups before ingestion (p&lt;0.05).</li> </ol> <p>Post-meal:</p> <ol style="list-style-type: none"> <li>2. Both groups had increased O<sub>2</sub> uptake although there were no between group differences.</li> <li>3. The treatment group's RE rate reached a maximum at 90 min (p&lt;0.05) while the controls had an extremely high rate at 15 min which dropped to a rate similar to the treatment group.</li> <li>4. Mean EE was higher in the treatment (17 W) versus control (14 W) group.</li> <li>5. HR increased 6-7 beats/min in both groups (p&lt;0.05).</li> <li>6. The treated group had higher BG and insulin levels compared to controls (p&lt;0.05); noradrenaline levels did not change.</li> </ol>