Author Year Country Score Research Design Total Sample Size	Methods	Outcome
De Mello et al. 2002 Brazil Downs & Black score=18 Pre-Post N=12	**Population:** Mean age: 31.6 yrs; Gender: 13 males; Level of injury: T7 and T12; Severity of injury: complete (13) **Treatment:** SCI volunteers participated in physical training program using an arm crank ergometer for 44 days. **Outcome Measures:** Rate of periodic leg movement (PLM). Measurements were taken before training, 12 h after maximum effort test, 36 h after maximum effort test, 44 days after training, and 12 h after the last training (45th day), 36 h after last day of physical training.	1. A significant decline in PLM rate was seen at 36h after maximum effort test, 12 h after last training, and 36 h after the last day of training ($p < 0.05$).
De Mello et al. 2004 Brazil Downs & Black score=17 Prospective controlled trial N=13	**Population:** Mean age: 31.6 yrs; Gender: 13 males; Height: 162-180 cm; Weight: 42.8-72.7 kg; Level of injury: T7 and T12; Severity of injury: AISA A (13); Time since injury: 10-231 mo **Treatment:** Subjects received L-DOPA (200mg) in combination with benserazide chloride (50mg) or placebo, 1 hr before sleeping for 30d followed by a 15d washout period. Physical training was then administered on the subjects for 45d, 3 d/wk for an average of 30 min/d **Outcome Measures:** Rate of periodic limb movement (PLM). Measurements were taken 30d after drug treatment and 45d after physical training.	1. Significant reduction in PLM rate was seen after administration of L-DOPA ($p < 0.03$) and physical training ($p < 0.02$). 2. No significant difference were seen between the two treatments.
De Mello et al. 1996 Brazil Downs & Black score=17 Pre-Post N=11	**Population:** Mean age: 28 yrs; Gender: 11 males; Level of injury: T7 - T12; Severity of injury: complete (11) **Treatment:** Effect of physical training session. Subjects were admitted to a sleep clinic for 3 consecutive nights. Physiological evaluation was conducted on the first day and after physical training on the 3rd day. **Outcome Measures:** Total sleep time, time in REM, number of awakenings, number of leg movements.	Significant decrease was seen after physical activity in: 1. Total sleep time ($p < 0.04$). 2. Time in REM ($p < 0.01$). 3. Number of awakenings ($p < 0.03$). 4. Number of leg movements ($p < 0.03$).