

Author Year Country PEDro Score Research Design Total Sample Size	Methods	Outcome
Wilbanks et al. 2016 USA Pre-Post N=10	<p>Population: Mean age=47.0±12.0 yr; Gender: males=8, females=2; Time since injury=18.0±14.0 yr; Level of injury: all T; Severity of injury: AIS A=5, B=2, C=3, D=0; Type of pain=musculoskeletal.</p> <p>Intervention: Participants engaged in 30 min of functional electrical stimulation (FES) rowing 3 days/wk for 6 wks for a total of 18 sessions.</p> <p>Outcome Measures: VO₂peak (FES-rowing and UBE conditions), distance rowed, arm power output, wheelchair user shoulder pain index (WUSPI), body composition, body weight, thigh lean mass, upper extremity strength, muscle activity, quality of life (QOL-SCI), participation (LIFE-H), and qualitative exit interview.</p>	1. Significantly reduced WUSPI scores (p=0.002).