Table 19. Eccentric Resistance Exercise Using the Eccentron

Author Year Country Research Design Score Total Sample Size	Methods	Outcome
Stone et al. (2019); USA Pre-post Level 4 N=11	**Population:** 11 participants; 7 males and 4 females; mean (± SD) age 39.0 (± 15.9) years; AIS B (n=4), AIS C (n=4), and AIS D (n=3); level of injury cervical (n=6), thoracic (n=4) and lumbar (n=1); and mean (± SD) time since injury 9.5 (± 4.7) years. **Treatment:** Participants trained twice a week for 12 weeks on an eccentrically biased recumbent stepper (Eccentron), which targets the gluteal, hamstring, and quadriceps muscles. Participants started training at 50% one-repetition maximum (intensity was individually adjusted) for 2 to 3 sets of 8 repetitions at 12 rpm. **Outcome Measures:** SCIM, TUG, 10MWT, and WISCI II during 10MWT were assessed at baseline, after 6 weeks, and after 12 weeks. Daily step physical activity on four consecutive days was also assessed.	1. There were no AEs or elevated pain associated with the eccentric resistance training. 2. There was a significant (p=0.034) eccentric resistance training effect on TUG performance from pre-test (158.36 ± 165.84 s) to post-test (56.31 ± 42.42 s). 3. Participants did not improve total SCIM scores from pre- test to post-test (F (1.22, 12.20) = 0.87, MSE = 33.14, p=.20), nor on mobility subscale of SCIM (F (1.66, 16.56) = 2.75, P=0.10).