



Dear People with a Spinal Cord Injury,

You should discuss respiratory and other health needs with your spinal care physician as soon as you can. You and your carer should use telehealth services for this where available.

1. If you are well, then it is likely that several weeks of inspiratory muscle training (IMT - Phillips Respironics device) will improve your respiratory function and health. However, if you have **any** respiratory tract infection, IMT will **NOT** be useful and you should **STOP** training.
2. As we have previously advised, carers and people with SCI must continue good hygiene and infection control practices when performing IMT (and any other procedures). This includes looking after the person with SCI, the carers and the helpers, as well as cleaning the IMT device (wash hands apply disposable gloves, then wash the device leave to dry, remove gloves and wash your hands).
3. In the current situation with COVID-19, IMT is best performed as a solitary exercise, unassisted by carers. This reduces the chance of transmission from the user to their carer and from carer to the user.

In order to use this equipment independently, IMT devices can be clamped or fixed to a surface or holder to eliminate the need for manual holding of the device.

Flexible arm devices, such as mobile phone holders, or fixing the device on the edge of a height adjustable table using a vice will allow independent/solitary training.

4. Whether a person with SCI and their care team should take this on, as well as methods of training and hygiene concerns should be discussed by telehealth with your spinal care physician.



We will be considering ways to make IMT easier to implement in the longer term - for weeks and months. As these plans develop, and as the current situation evolves, we will provide further news and updates.

Yours sincerely,

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