

**Tabla III. Valores ergoespirométricos en función de la práctica deportiva en la muestra de LMA. Prueba Anova.**

MUESTRA		n	Media	DE	p
<b>LMA</b>					
<b>VO2 max1</b> (ml/kg/m2)	<b>sedentario</b>	9	13,86	5,22	0,402
	<b>Deportista</b>	3	16,60	0,79	
<b>VO2max2</b> (ml/kg/m2)	<b>sedentario</b>	9	12,87	3,93	<b>0,039</b>
	<b>Deportista</b>	3	19,90	6,02	
<b>Dif_VO2max</b> (ml/kg/m2)	<b>sedentario</b>	9	-0,14	3,46	0,281
	<b>Deportista</b>	3	2,90	5,69	
<b>FCMax1 (lpm)</b>	<b>sedentario</b>	9	151,33	24,38	0,273
	<b>Deportista</b>	3	168,67	11,54	
<b>FCMax2 (lpm)</b>	<b>sedentario</b>	9	147,22	9,61	<b>0,009</b>
	<b>Deportista</b>	3	170,67	14,74	
<b>Dif_FCMax</b> (lpm)	<b>sedentario</b>	9	-4,11	23,55	0,688
	<b>Deportista</b>	3	2,00	15,62	
<b>Watt1</b>	<b>sedentario</b>	9	61,11	24,59	0,110
	<b>Deportista</b>	3	76,67	5,77	
<b>Watt2</b>	<b>sedentario</b>	9	64,44	18,78	<b>0,001</b>
	<b>Deportista</b>	3	96,67	5,77	
<b>Dif_Watt</b>	<b>sedentario</b>	9	3,33	15,61	0,104
	<b>Deportista</b>	3	20,00	0,00	
<b>METS1</b>	<b>sedentario</b>	9	4,12	1,15	0,217
	<b>Deportista</b>	3	4,70	0,36	
<b>METS2</b>	<b>sedentario</b>	9	4,26	1,29	0,115
	<b>Deportista</b>	3	5,66	0,81	
<b>Dif_METS</b>	<b>sedentario</b>	9	0,14	0,57	0,074
	<b>Deportista</b>	3	0,96	0,76	

**Tabla IV. Valores ergoespirométricos en función de la práctica deportiva en la muestra de LMC. Prueba anova.**

MUESTRA		N	Media	DE	p
<b>LMC</b>					
<b>VO2 max1</b> (ml/kg/m2)	<b>sedentario</b>	22	16,27	4,63	0,060
	<b>Deportista</b>	16	20,33	7,17	
<b>VO2max2</b> (ml/kg/m2)	<b>sedentario</b>	22	15,21	4,28	<b>0,003</b>
	<b>Deportista</b>	16	20,28	5,66	
<b>Dif_VO2max</b> (ml/kg/m2)	<b>sedentario</b>	22	1,71	3,39	0,231
	<b>Deportista</b>	16	0,043	5,08	
<b>FCMax1 (lpm)</b>	<b>sedentario</b>	22	160,00	22,92	0,979
	<b>Deportista</b>	16	160,19	18,28	
<b>FCMax2 (lpm)</b>	<b>sedentario</b>	22	155,82	24,09	0,440
	<b>Deportista</b>	16	162,25	26,34	
<b>Dif_FCMax</b> (lpm)	<b>sedentario</b>	22	-4,18	29,62	0,487
	<b>Deportista</b>	16	2,06	22,94	
<b>Watt1</b>	<b>sedentario</b>	22	80,68	20,19	0,650
	<b>Deportista</b>	16	100,31	27,59	
<b>Watt2</b>	<b>sedentario</b>	22	77,05	22,39	<b>0,008</b>
	<b>Deportista</b>	16	99,38	26,94	
<b>Dif_Watt</b>	<b>sedentario</b>	22	-3,63	21,77	0,650
	<b>Deportista</b>	16	-0,93	10,36	
<b>METS1</b>	<b>sedentario</b>	22	4,96	1,38	0,157
	<b>Deportista</b>	16	5,68	1,64	
<b>METS2</b>	<b>sedentario</b>	22	4,55	1,08	<b>0,010</b>
	<b>Deportista</b>	16	5,60	1,30	
<b>Dif_METS</b>	<b>sedentario</b>	22	-0,40	1,25	0,347
	<b>Deportista</b>	16	-0,07	0,72	

## Spanish version of the Spinal Cord Independence Measure version III (eSCIM III)

Nombre:.....NHC.....Fecha.....  
Diagnóstico:.....  
Examinador.....

### Cuidado personal

**1. Alimentación** (cortar, abrir envases, servirse, llevar comida a la boca, sostener una taza con líquido)

0.-Requiere nutrición parenteral, gastrostomía o asistencia total para nutrición oral.

1.-Necesita asistencia parcial para comer o beber, o para colocarse adaptaciones/ayudas técnicas (AT).

2.-Come independiente; necesita adaptaciones/ayudas técnicas o asistencia sólo para cortar y/o servir líquidos y/o abrir recipientes.

3.-Come y bebe independiente, no necesita ayuda ni adaptaciones/AT.

**2. Baño** (enjabonarse, aclararse, secarse el cuerpo y cabeza, manipular grifos).

#### A-Parte superior

0.-Necesita ayuda total.

1.-Precisa asistencia parcial.

2.-Se baña independientemente pero con adaptaciones o entorno adaptado (barras, silla de baño/ducha).

3.- Independiente para el baño, sin adaptaciones (ninguna no usual para personas sanas).

#### B-Parte inferior

0.-Necesita ayuda total.

1.-Precisa asistencia parcial.

2.-Se baña independientemente pero con adaptaciones o accesorios (barras, silla de baño/ducha).

3.-Independiente para el baño, sin adaptaciones/AT ni accesorios (no habitual para personas sanas)

**3. Vestido** (ropa, calzado, ortesis usuales, vestirse, desvestirse y arreglarse).

#### A-Parte superior

0.-Necesita ayuda total.

1.-Precisa asistencia parcial con ropa preparada sin botones, cremalleras o cordones

2.-Independiente con ropa preparada, requiere adaptaciones/AT o accesorios.

3.-Independiente con ropa preparada, no requiere ni adaptaciones/AT ni accesorios; requiere asistencia con botones, cremallera o cordones.

4.-Independiente con cualquier tipo de ropa y no precisa adaptaciones ni accesorios.

#### B-Parte inferior

0.-Necesita ayuda total.

1.-Precisa asistencia parcial con ropa preparada sin botones, cremalleras o cordones

- 2.-Independiente con ropa preparada, requiere adaptaciones/AT o accesorios.
- 3.-Independiente con ropa preparada, no requiere ni adaptaciones/AT ni accesorios; requiere asistencia con botones, cremallera o cordones.
- 4.-Independiente con cualquier tipo de ropa y no precisa adaptaciones ni accesorios.

**4. Aseo:** Cuidados y apariencia (lavarse las manos y cara, cepillarse los dientes, peinarse, afeitarse, maquillarse)

- 0.-Necesita ayuda total.
- 1.-Precisa ayuda parcial.
- 2.-Se asea/arregla independiente con adaptaciones.
- 3.-Se asea/arregla independiente sin adaptaciones.

Subtotal (0-20):\_\_\_\_\_

**Respiración y manejo de esfínteres**

**5. Respiración**

- 0.-Requiere cánula de traqueostomía y ventilación asistida permanente o intermitente.
- 2.-Respiración espontánea con cánula de traqueostomía, requiere oxígeno, gran asistencia en tos o manejo de la cánula de traqueostomía.
- 4.-Respiración espontánea con cánula de traqueostomía, requiere pequeña asistencia para toser o para el manejo de la cánula de traqueostomía.
- 6.-Respiración espontánea sin cánula de traqueostomía, requiere oxígeno, gran asistencia en tos, mascarilla o soporte de presión (ej: BIPAP).
- 8.-Respiración espontánea sin cánula de traqueostomía, requiere pequeña asistencia o estímulo para toser.
- 10-Respira espontánea sin asistencia ni dispositivos.

**6. Manejo de esfínteres-Vejiga**

- 0.-Sonda vesical permanente.
- 3.-Volumen residual >100cc; sin cateterismo o cateterismo asistido.
- 6.-Volumen residual <100cc o autocateterismo intermitente, y precisa ayuda para utilizar los instrumentos de drenaje.
- 9.-Autocateterismos intermitentes, usa instrumentos de drenaje externo; no necesita asistencia para colocárselos.
- 11.-Autocateterismo intermitente, continente entre sondajes, no utiliza instrumentos de drenaje externo.
- 13.-Volumen orina residual <100cc, necesita únicamente instrumentos de drenaje externo; no requiere asistencia para el drenaje.
- 15- Volumen residual <100cc; continente, no utiliza instrumentos de drenaje externo.

**7. Manejo de esfínteres-Intestino**

- 0.-Cadencia irregular o frecuencia muy baja de deposiciones(menos de una vez cada 3 días).
- 5.-Cadencia regular pero requiere asistencia (ej: aplicarse un supositorio); accidentes esporádicos (menos de dos accidentes al mes)
- 8.-Evacuación regular, sin asistencia, accidentes raros (menos de dos accidentes al mes)
- 10.-Ritmo deposicional regular, sin asistencia ni accidentes.

**8. Uso del aseo (WC).** (higiene perineal, vestirse-desvestirse antes y después, uso de pañales o compresas)

0.-Requiere asistencia total.

1.-Requiere asistencia parcial, no se limpia solo

2.-Requiere asistencia parcial, pero se limpia solo.

4.-Es independiente en las tareas pero necesita adaptaciones/AT o accesorios (ej: barras).

5.-Es independiente y no precisa adaptaciones ni accesorios.

Subtotal (0-40)\_\_\_\_\_

### **Movilidad en habitación y aseo**

**9. Movilidad en cama y actividades de prevención de úlceras por presión**

(Volteos de parte superior del cuerpo en la cama, cambio postural de parte inferior del cuerpo en cama, sentarse en la cama, pulsiones en silla; con o sin adaptaciones pero sin ayudas eléctricas)

0.-Necesita ayuda en todas las actividades.

2.-Realiza una actividad sin asistencia.

4.-Realiza dos o tres actividades sin asistencia.

6.-Realiza todas las actividades de movilidad en cama y de liberación de presiones independientemente.

**10. Transferencias: cama-silla** (frenar silla, retirar reposapiés, retirar y ajustar reposabrazos, transferirse y pasar los pies)

0.-Necesita ayuda total.

1.-Necesita asistencia parcial y/o supervisión, y/o adaptaciones/AT (ej: tabla).

2.-Independiente (o bien no necesita silla).

**11. Transferencias: silla-WC-bañera** (si utiliza silla baño: las transferencias a y desde ella; si utiliza silla de ruedas habitual: frenar silla, retirar reposapiés, retirar y ajustar reposabrazos, transferirse y pasar los pies)

0.-Necesita ayuda total.

1.- Necesita asistencia parcial y/o supervisión, y/o adaptaciones/AT (ej: barra).

2.- Independiente (o bien no necesita ayuda).

### **Movilidad en interior/exteriores en cualquier superficie**

**12. Movilidad interior**

0.-Necesita ayuda total.

1.-Necesita silla de ruedas eléctrica o asistencia parcial para mover la silla manual.

2.-Se desplaza independientemente con la silla manual.

3.-Precisa supervisión para la marcha (con o sin adaptaciones/AT).

4.-Camina con andador o muletas (marcha pendular).

5.-Camina con muletas o dos bastones (recíproca).

6.-Camina con un bastón.

7.-Necesita solo ortesis.

8.-Camina sin ayuda.

**13. Movilidad en distancias moderadas (10-100 metros)**

0.- Necesita ayuda total.

- 1.- Necesita silla de ruedas eléctrica o asistencia parcial para mover la silla manual.
- 2.- Se mueve independientemente con la silla manual.
- 3.- Precisa supervisión para la marcha (con o sin adaptaciones/AT).
- 4.- Camina con andador o muletas (marcha pendular).
- 5.- Camina con muletas o dos bastones (recíproca).
- 6.- Camina con un bastón.
- 7.- Necesita solo ortesis.
- 8.- Camina sin ayuda.

**14. Movilidad en exteriores (más de 100 m.)**

- 0.-Necesita ayuda total.
- 1.-Necesita silla de ruedas eléctrica o asistencia parcial para mover la silla manual.
- 2.-Se mueve independientemente con la silla manual.
- 3.-Precisa supervisión para la marcha (con o sin adaptaciones).
- 4.-Camina con andador o muletas (marcha pendular).
- 5.-Camina con muletas o dos bastones (recíproca).
- 6.-Camina con un bastón.
- 7.-Necesita solo ortesis.
- 8.-Camina sin ayuda.

**15. Escaleras**

- 0.-Incapaz de subir y bajar escaleras.
- 1.- Sube y baja como mínimo 3 escalones con apoyo o supervisión de una persona.
- 2.-Sube y baja como mínimo 3 escalones con ayuda de barandilla y/o muleta o bastón.
- 3.-Sube y baja como mínimo 3 escalones sin ayuda o supervisión.

**16. Transferencias: silla-coche** (aproximación al coche, frenar y desmontar reposabrazos y reposapiés, realizar transferencia a y desde el coche, llevar la silla dentro o fuera del coche).

- 0.-Requiere ayuda total.
- 1.-Requiere asistencia parcial y/o supervisión, y/o adaptaciones/AT.
- 2.-Independiente (o no necesita silla).

**17. Transferencias: suelo-silla**

- 0.-Requiere asistencia total.
- 1.-Se transfiere independientemente con o sin ayudas técnicas (o no necesita silla)

Subtotal (0-40):\_\_\_\_\_

TOTAL\_\_\_\_\_

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