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## Introduction

- People with traumatic brain injury (TBI) tend to have lower participation rates in physical activity (PA).
- This study identified the barriers to PA and desired features of exercise programs in individuals with moderate to severe TBIs.

## Design

- Surveys were administered to participants with moderate to severe TBI enrolled in the TBI Model System from March to September 2020.

## Results

- 472 participants completed the survey (response rate of 21%)
- About 25% of participants reported fatigue, lack of motivation and time as barriers while less than 9% reported lack of money, resources and gym access as obstacles. (see Figure 1)
- Over 40% reported increased accessibility (ex. Free cost, individualized progression, easy access to a facility) as attractive components of exercise programs. (see Figure 2)

Addressing intrinsic barriers and increasing accessibility to exercise may be beneficial when helping individuals with TBI practice daily physical activity.

Figure 1- Barriers to Physical Activity

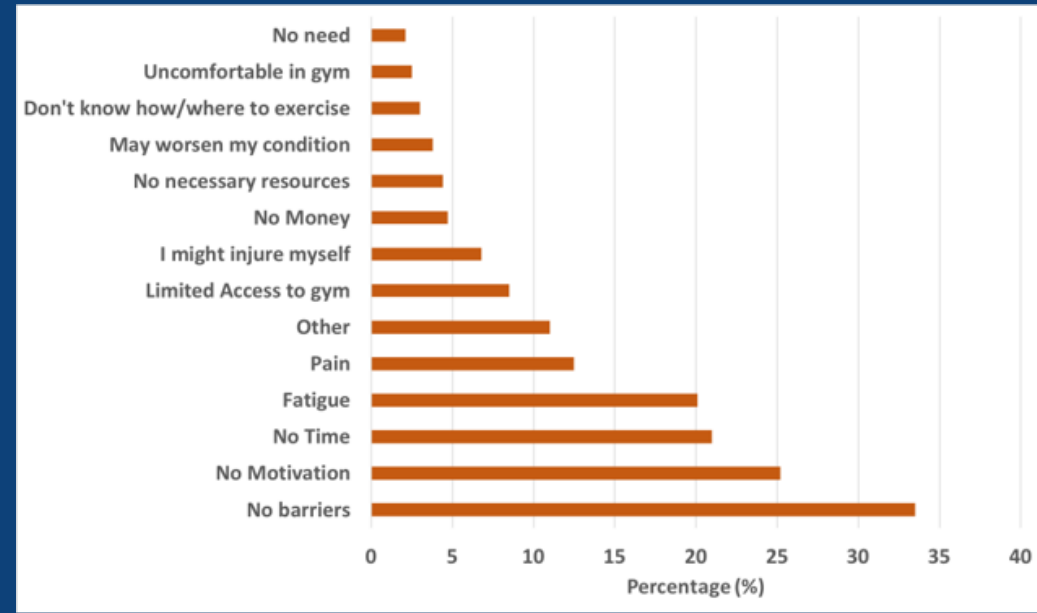
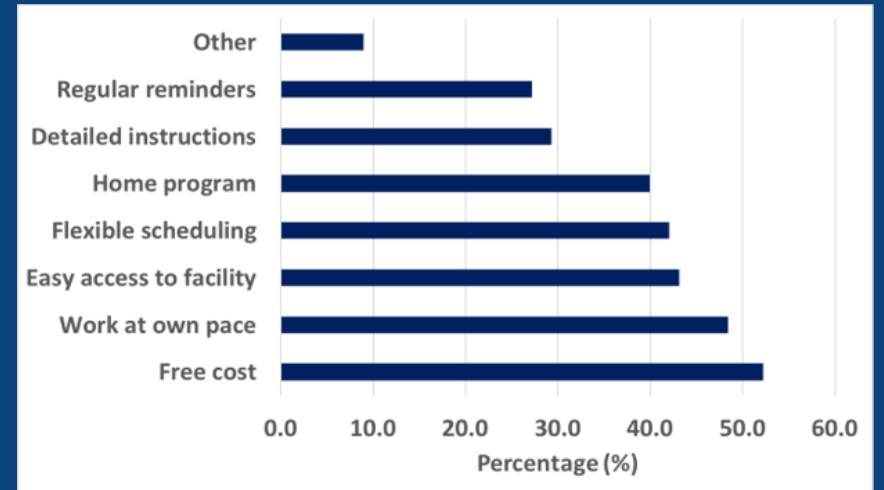


Figure 2- Attractive Features of Exercise Programs



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