

# Weight Record Chart following Spinal Cord Injury (SCI)



A guide to managing your weight following SCI:  
check your weight regularly and  
record the results using this booklet

## Managing Your Weight after Spinal Cord Injury

After a Spinal Cord Injury (SCI) it is important for your health that you don't gain or lose too much weight.

You may have found that you lost weight before you came to the NRH - some people find it hard to stop weight loss. Others may have lost weight at the time of their injury but are starting to notice weight gain during their rehabilitation programme.

During your stay at the NRH, you will have a good opportunity to check if your weight is changing.

### Your Weight Record

It is a good idea to check your weight regularly – this can be once a week, or every fortnight. This will help you to spot any changes to your weight. Your weight is usually recorded in kilograms (Kg) or stones (St).

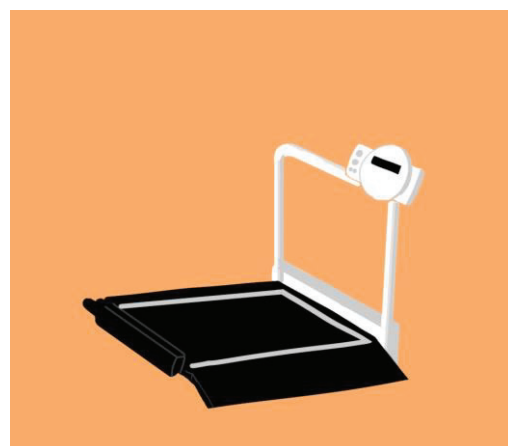
If your weight is increasing or decreasing you will need to make changes to the foods you are eating or the exercise you are doing to be a healthy weight.

#### To check your weight:

- Remove items such as bags, trays and coats from your wheelchair.
- Check the scale is at zero (read 0.0), before wheeling on to the scales.

#### To work out your weight:

- Measure your weight. This will be the weight of you together with the weight of your wheelchair.
- Ask your physiotherapist for the weight of your wheelchair and cushion.
- Take the total weight of your wheelchair and cushion from the weight of you in your wheelchair.
- The result will be your actual weight
- Change your weight (Kg) to the weight in stones by using the conversion chart. This can be found beside the scales in the NRH.





**Contact details:**

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