Wheelchair dance, or Para-dance, is both a recreational activity and competitive sport which has grown in popularity among people with disabilities. Para-dance is currently under consideration for inclusion in the 2024 Paralympic Games programme in Paris. Competitive wheelchair dancing is usually performed in pairs involving a wheelchair dancer and an ambulatory partner (i.e., “combi”) or two wheelchair dancers (i.e., “duo”). Dancers have the opportunity to participate in several styles [e.g., ballroom (tango, waltz, jazz, Latin), classical, ballet, modern dance, ethnic/folk dance, traditional dances or a combination of these forms]. Despite its recent increase in popularity, the physiological demands and psychosocial benefits associated with this activity remain understudied.

**Objectives**

This case-series investigated the acute cardiometabolic and psychosocial responses during two wheelchair dancing routines with different tempos (i.e., slow vs fast) among individuals with spinal cord injury (SCI).

**Methods**

- Three individuals with chronic, non-traumatic SCI [males, age: 42 ± 13 years, C3-T12, AIS D, schwannoma=1, poliomyelitis=1, ependymoma=1] performed one slow (Rumba, 80 bpm) and one fast (Salsa, 170 bpm) wheelchair dance routine (each approximately 3 minutes in duration) on two separate, non-consecutive days.

**Cardiometabolic Outcomes**

- HR increased in two participants during slow and fast dancing.
- Relative VO₂ increased during dance for all participants during slow and fast dancing.

**Psychosocial Outcomes**

- RPE increased from slow to fast dance for two participants.
- All participants showed an elevation and exercise enjoyment.
- No pre-post differences in mood were observed based on BRUMS subscales.

**Results**

**Conclusion**

Our findings demonstrate that wheelchair dance has the potential to improve cardiovascular and psychosocial outcomes following SCI. Studies involving larger and more diverse cohorts are warranted to examine the cardiometabolic effect of wheelchair dance interventions of comparably greater intensity and longer duration.

**Acknowledgments**

We thank the participants and are grateful for the support of Fuse Wheelchair Dance, Wheel Dance (Para Dance Sport Canada) and the Wheelchair Dance Sport Association of Canada (WDSACA).

This study was accepted for publication in *Medical Problems of Performing Artists* (In Press).