

RESEARCH OPPORTUNITY

The Effect of an Adaptive Exercise Program on Chronic Inflammation in Spinal Cord Injury.

What is the goal of the study?

To examine the effect of an adaptive 12-week exercise program on chronic inflammation in patients with spinal cord injury.

What is the cost?

You can participate in this study at no cost. Your participation is completely voluntary.

What happens in the study?

You will be asked to:

- Participate in a 12-week exercise program
- Attend 3-4 additional study visits
- Undergo blood draws and exercise testing
- Complete quality of life questionnaires

Where are study treatments?

HealthPartners Neuroscience Center

295 Phalen Boulevard,
St. Paul, MN 55130

How will the study benefit me?

There may or may not be direct benefits to you; however, the information from this study may benefit others by leading to better treatment for people with spinal cord injury.

What are the risks?

All research studies, including this study, may involve risks. Side effects may include:

- Exercise: autonomic dysreflexia (e.g. change in heart rate), injury, low blood pressure, and problems controlling body temperature, pain, fatigue, and skin breakdown
- Blood draws: pain, bruising, dizziness, and local infection

You may be eligible if:

- You are between the ages of 18-70
- You have been diagnosed with Spinal Cord Injury \geq 6 months ago
- You have not participated in an exercise program within the last month
- You have some active movement at your shoulder, elbow, and wrist



To learn more:

Call: (651) 495-6363

Or Email:

ClinicalTrials@HealthPartners.com