

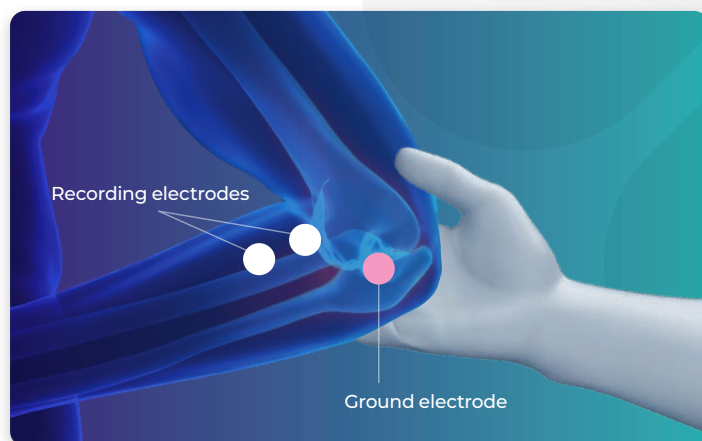
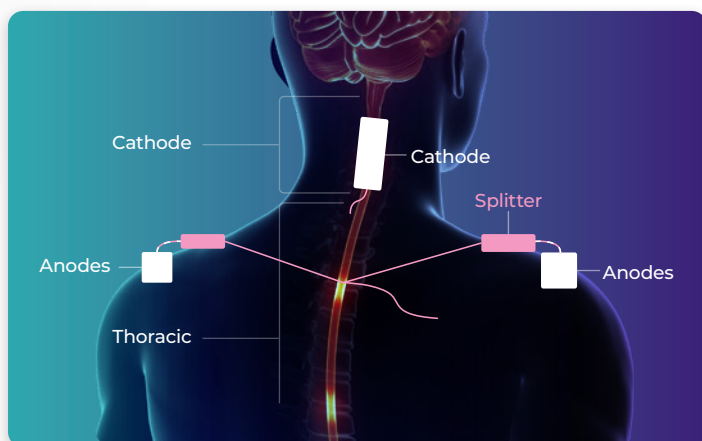
Research opportunity for people with Spinal Cord Injury (C2-C8)

Are you interested in participating in research?

Have you had a diagnosed spinal cord injury between the levels of C2 and C8?

The Get a Grip study, a collaboration between CatWalk Trust, Neuroscience Research Australia (NeuRA), and Rope Neuro Rehabilitation, is investigating whether stimulating the spinal cord can improve the effect of an exercise rehabilitation programme on hand and breathing function.

Evidence suggests that stimulation placed over the surface of the spinal cord, known as Transcutaneous Spinal Stimulation (TSS), can improve muscle control, standing, and walking in people with spinal cord injuries.



The purpose of the Get a Grip study, is to find out whether application of TSS to the area of skin over the spinal cord in the upper neck region during targeted rehabilitation programmes can improve hand and breathing function, and the most therapeutically effective forms of TSS.

If you have a confirmed diagnosis of spinal cord injury between the levels of C2 and C8, are aged 18 years or older, can breathe independently, and are willing and able to participate in a training program three times a week for six weeks, we invite you to participate.

What happens during the study?

The study involves attending an assessment at the clinic (Rope Neuro Rehabilitation, Grey Lynn, Auckland), where we will assess your hand and breathing function. Participants will then be introduced to a Physiotherapist/Occupational Therapist or Exercise Physiologist who will schedule in three physical exercise sessions every week for six weeks during which you will wear a TSS stimulation device for the duration of the sessions in the clinic.

After the six weeks there will be a reassessment of your hand and breathing function again at the clinic.

Participants will be offered petrol or food vouchers to the value of \$30 per trip for the two assessment sessions and 18 training sessions which will be undertaken at the Rope Neuro Rehabilitation clinic, 562a Richmond Rd, Grey Lynn, Auckland.

Onsite parking is available and there is flat level access and disability parking near the front door of the clinic.

A total of \$600 per participant has been allocated for the 20 trips at \$30 each.

A final decision about your participation will be made upon review of the completed registration form which we will provide.

If you would like more information, or to register your interest, visit www.catwalk.org.nz, or contact

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Thank you for your interest.
Ngá mihi / Warm regards
The research team