

# Effects of spinal cord injury exercise guidelines

## PURPOSE OF THIS STUDY

The study aims to determine whether a regular program of exercise, performed in a person's home or in fitness facility, can significantly reduce chronic pain in adults with spinal cord injuries.

## WHO CAN PARTICIPATE

You may be eligible to participate if you:

- are over the age of 18
- can read, speak and understand English
- do not currently meet the SCI exercise guidelines
- have been diagnosed with a spinal cord injury more than one year ago
- have an injury level at C3 or below
- experience neuropathic or musculoskeletal pain
- have no medical contra-indications to performing a maximal exercise test
- have been fully vaccinated against COVID-19 and can show a proof of vaccination following the provincial guidelines of British Columbia

## WHAT IS INVOLVED

Eligible participants will participate in three testing visits, including in-person visits and online questionnaires. Participants will be assigned to either a six-month exercise program or to a waitlist. The exercise program requires 2-3 hours of exercise per week. Following the six-month exercise program, participants will be contacted to assess changes in pain and physical activity levels.

## CONTACT INFORMATION

Bobo Tong, Research Project Manager  
Phone: 778.581.6487  
Email: bobo.tong@ubc.ca

## STUDY TIME/ DURATION

Ongoing

## STUDY LOCATION

The in-person visits will take place at ICORD and the exercise program can take place at ICORD or at the participant's home.

To learn more about this study, visit [vchri.ca/participate](https://vchri.ca/participate)

## PRINCIPAL INVESTIGATOR

Dr. Kathleen M. Ginis  
Professor, UBC Department of Medicine  
Research Investigator with VCH Research Institute

**Lend a hand.  
Help find hope  
for future  
generations.**



*Say yes  
to research!*

[vchri.ca/participate](https://vchri.ca/participate)

Vancouver  
CoastalHealth  
Research Institute