

## **Access to Quality Physical Activity in people with Spinal Cord Injuries**

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### **Purpose of Research:**

The purpose of this study is to investigate whether yoga training improves pulmonary function and wellbeing in people with spinal cord injury.

### **Participants Must:**

1. have a non-progressive spinal cord injury
2. be non-ambulatory (use manual or powered wheelchair for mobility)
3. be in stable medical condition without cardiopulmonary disease
4. be not ventilator dependent for respiration
5. be a non-smoker
6. have a sustained SCI at least 6 months prior to entering the study
7. be at least 18 years of age
8. Other criteria may apply

### **Procedures**

- Breathe through a mouthpiece with some resistance to your breathing effort to assess your pulmonary function before and after yoga training.
- Complete a questionnaire about wellness and access to quality physical activity training before and after yoga training.
- Participate in breathing and stretching exercises while remain seated in your wheelchair twice/week for 45-60 minutes for 10 weeks.
- After the 10 weeks of yoga participants will receive a scholarship to participate on personalized exercise training for approximately 10 more weeks.
- You will be asked again to breathe through a mouthpiece with some resistance to your breathing effort to assess your pulmonary function before and after your personalized exercise training.
- You will be asked again to complete a questionnaire about wellness and access to quality physical activity training before and after your personalized exercise training.
  - You may be videotaped and photographed during testing.

### **Potential Benefits to Participants:**

Participants will receive a 10-week scholarship to attend to the Community Fitness and Wellness (CFW) at Frazier Rehab to participate in individualized personal training.

### **Potential Risks to Participants:**

This study may involve the following risks and/or discomforts: changes in heart rate and breathing and dizziness. Other unknown risks may also occur.

### **For Further Information**

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