



“Exercise guidelines Promotion and Implementation in Chronic Spinal Cord Injury (EPIC-SCI): A Randomized Controlled Trial”

Principal Investigator: Dr. Kathleen Martin Ginis, (250)-807-9768

Professor: Department of Medicine & School of Health and Exercise Sciences, UBC Okanagan

Principal Investigator: ICORD

Co-Investigator: Joan Ubeda-Colomer, (778)-581-6487, joan.ubedacolomer@ubc.ca

Post-Doctoral Fellow: School of Health and Exercise Sciences, UBC Okanagan

Student Investigator: Kendra Todd, (519)-546-3496, ktodd03@mail.ubc.ca

Ph.D. Student: School of Health and Exercise Sciences, UBC Okanagan

Background and Study Objective:

Most people living with a spinal cord injury (SCI) experience pain every day. This chronic pain is often more physically, psychologically, and socially debilitating than the injury itself. Currently, drugs are the most frequently prescribed treatment for SCI pain, but drugs have many negative side-effects. The primary purpose of this project is to determine whether a regular program of exercise, performed in a person's home or in a local fitness facility, may have an effect on chronic pain in adults with SCI.

Study Information:

- Participants will be randomly allocated to one of two groups. One group will follow an exercise program for 6 months. The other group (i.e., control group) will be asked to not change their daily lifestyle for 6 months. After this, the control group has the opportunity to enjoy the same aforementioned 6-month exercise program.
- The study involves three visits to a testing site (UBC Okanagan or ICORD Vancouver). During these visits, participants will be asked to: a) complete fitness tests; b) fill in questionnaires; and c) participate in a brief test to see how the body responds to hot and cold stimuli applied to the arm. Further, experienced members of the research team will be taking blood samples during each visit.
- Each of the 3 testing visits requires approximately 3 hours. The exercise program consists of



2-3 hours of exercise per week at home or in a local fitness facility. A personal trainer will set up the exercise program together with the participant. Each week, a qualified professional will communicate with participants over the telephone to hear how the exercise program is going. Advice will be provided if necessary. When the exercise program support finishes after 6 months, we will contact you over the phone at two occasions (9 and 12 months after the start of the study) to see if there are any changes in your pain and physical activity levels.

- You **will** be compensated.

If you are interested in participating in this research study please contact the Student Investigator for the project: Kendra Todd ktodd03@mail.ubc.ca (519)-546-3496, or the Co-Investigator Joan Ubeda-Colomer, joan.ubedacolomer@ubc.ca, (778)-581-6487.

Who can participate in this study?

You may be able to participate in this study if you:

- 1) are over the age of 18
- 2) can read, speak and understand English
- 3) have access to a phone
- 4) have been diagnosed with a spinal cord injury more than 1 year ago
- 5) have an injury level at C3 or below
- 6) participate in less than 40 min/week of structured, moderate intensity, aerobic exercise and less than 2 bouts/week of strength training, i.e. less than the minimum recommended by the SCI Exercise Guidelines
- 7) experience chronic pain
- 8) experience neuropathic or musculoskeletal pain
- 9) have no medical contra-indications to performing a maximal exercise test

Who should not participate in this study?

You cannot participate in this study if you:

- 1) have chronic pain with exclusively non-musculoskeletal or non-neurological origins
- 2) cannot perform upper-body exercise due to limited diaphragmatic control and/or reduced arm functioning
- 3) live beyond driving distance of the research site (Vancouver or Okanagan centres)
- 4) cannot read, write, or orally communicate in English
- 5) have been previously told you have had a cognitive or memory impairment,
- 6) are pregnant
- 7) are an in-patient at a hospital at the time of enrolment.