



Virtual Sailing Simulator in Individuals with Spinal Cord Injury

Adults *With* Spinal Cord Injury Who want to learn how to sail

WHO: Adults, age 18-55 with spinal cord injury.

WHAT: The research is being done to look at the benefits of a recreational and therapeutic program for people with spinal cord injury using the VSail-Access sailing simulator.

The VSail-Access is the first sailing simulator available for people with disabilities. The sailor sails the simulator around virtual courses displayed on a computer screen in the same way as a real sailboat on water. Electronic sensors provide real time feedback to match the movements of the virtual sailboat displayed on the screen with those of the simulator. Sailors can select wind strength and conditions to suit their ability.

You will be asked to come to the International Center for Spinal Cord Injury (ICSCI) for 1 hour, once a week for 12 weeks to learn how to sail on the VSail-Access sailing simulator.

You will be in this study for 1 year with a total of 17 visits: one Initial visit, 12 weeks of Virtual Sailing, a visit at 6-weeks and one at 12-week, and finally a visit at 6-months and one at 12-months.

During the Initial, 6-week and 12-week Visits, you will complete some tests that will last 2 hours. These tests include taking a medical and neurological exam, assessing how you can use your hands and trunk, and answering a few questions about how you feel, and how you sail.

During the, 6-month and 12-month Visits, you will answer a questionnaire about how you sail, that will last 5 minutes.

BENEFITS: There is no known benefit to you for participating in this study, although it is possible that you might benefit from learning how to sail. This study may benefit others in the future by helping understand how a Virtual Sailing recreational and therapeutic program might contribute to an improved quality of life for people with spinal cord injuries.

WHERE: The International Center for Spinal Cord Injury at Kennedy Krieger Institute
707 North Broadway, Baltimore, MD

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International Center for Spinal Cord Injury
at Kennedy Krieger Institute
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