

# RESEARCH STUDY: ADULT VOLUNTEERS WITH SPINAL CORD INJURY NEEDED CURE-SCI

Clinical Utilization of CNS Growth Factors Release in Response to  
Electrical Stimulation Following Spinal Cord Injury.

**WHO:** Adults, age 18-65 with complete spinal cord injury at any level (ASIA A).

**WHAT:** This research is being done to study the effect of functional electrical stimulation (FES) cycling on factors in blood and spinal cord in people with spinal cord injury. FES cycling is a method of applying low level electrical currents to the leg and hip muscles to cause the weakened or paralyzed muscles to contract and produce a cycling motion of the legs.

You will be assigned by chance (like flipping a coin) to one of 4 groups:

Group 1: 1 hourly FES cycling session/week for 3 weeks (maximum 5 visits)

Group 2: 3 hourly FES cycling sessions/week for 3 weeks (maximum 11 visits)

Group 3: 5 hourly FES cycling sessions/week for 3 weeks (maximum 17 visits)

Group 4: 3 hourly cycling without FES sessions/week for 3 weeks (maximum 11 visits)

During the Initial, and Final Visits you will complete some tests that will last up to 3 hours. These tests include lumbar puncture, blood draw, assessing your spasticity, mood, and a neurological exam.

**RISKS:** Possible risk factors associated with the testing and cycling are:

- Pain from electrical pulses.
- Headaches and pain from the lumbar puncture.
- Time commitment and missing work/school

**BENEFITS:** There is no known benefit to you for participating in this study. This study may benefit others in the future by helping understand what the optimal amount of FES ergometry is to 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

Research. Restoration. Recovery.

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