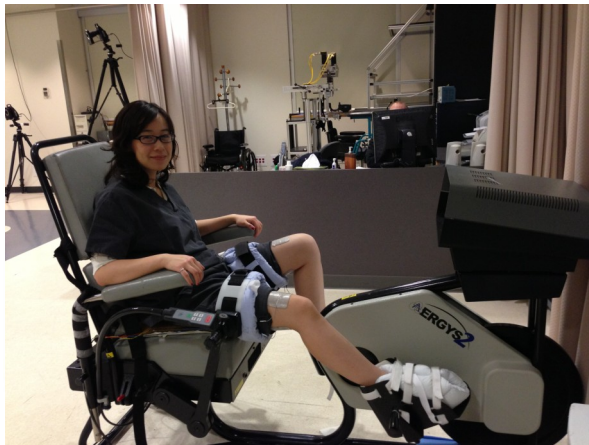


# Research Volunteers Needed

Do you have an incomplete spinal cord injury from **C3 to T10**?

- ❑ Can you stand or walk a few steps with an assistive device?
- ❑ Can you spare one hour per day to work out?



We use cycling exercise with leg **FES** (functional electrical stimulation).

### Potential outcomes:

Improvements in walking speed, walking endurance, postural balance, muscle strength, cardiopulmonary health, and nervous system.

The training period is 12 weeks total:  
1 hour per day, 5 days per week.

The staff will be flexible to accommodate your schedule, even after hours or on weekends.

**Participants from outside  
Edmonton will have  
monthly lodging covered.**

- Your participation is voluntary. Your confidentiality is assured.

*Our lab is in the Katz building (attached to the U of A hospital).*

Contact:

**Rui Zhou** 780-248-1876  
**Su Ling Chong** 780-492-3796

