

Proximal resistance training to improve walking capacity and physical activity in people with multiple sclerosis

This research study proposes to investigate a trunk strengthening program to improve walking and physical activity in people with multiple sclerosis



COMIRB#: 20- 1527

PI: Mark Mañago

Inclusion: People with MS who can walk at least 100 yards without assistance

Exclusion: Need for any assistance with walking 100 yards, use of wheelchair, currently participating in strength training exercise.

Main Procedures Involved: Strength training exercises performed under supervision of physical therapist both in-person and remotely via telerehabilitation

Duration of Participation: Participants must be willing to participate in weekly intervention for 10 weeks (both in-person and via telehealth), and participate in a single additional remote testing session 12 weeks later

Compensation Provided

If you are interested in participating or have more questions, please call Emily Hager at 303-724-6035 or contact via email: Emily.hager@cuanschutz.edu