

# Participants Are Needed for an Exercise Research Study for People with Multiple Sclerosis



## You may be eligible to participate if you:

- Have clinically confirmed diagnosis of MS
- Are between 18 and 65 years old
- Have difficulty walking, but are able to walk at least 25 feet with or without a handheld assistive device

Researchers from the University of Colorado Anschutz Medical Campus and Multiple Sclerosis Center are conducting a study to investigate the effects of exercise on symptoms for people with multiple sclerosis

The research study will compare the effectiveness of delivering an individualized exercise program in a facility (facility-based exercise training or FET) versus via telerehabilitation (telerehab-based exercise training or TET) in people with MS.

### Eligible participants will initially be randomly assigned to 1 of 2 groups:

- **Group 1:** will be randomly assigned to either the FET or TET group
- **Group 2:** will be able to choose to participate in either the FET or TET group

All participants will undertake both aerobic and resistance training of moderate intensity two times per week for 16 weeks (4 months).

If you are interested, please contact Neurology Research Partners by calling 303-724-4644 or by email at [NeurologyResearchPartners@ucdenver.edu](mailto:NeurologyResearchPartners@ucdenver.edu) to learn more about the study.

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