

## Contact Us

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If you are interested in learning  
more about the research call:

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**or**

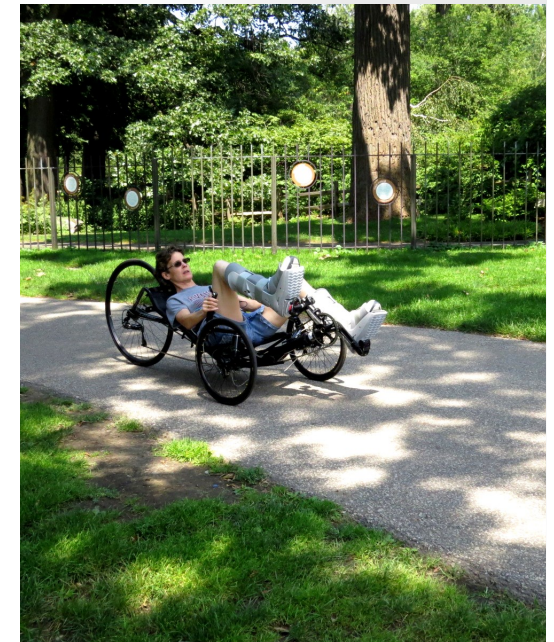
**216-402-0190**



Louis Stokes Cleveland  
VA Medical Center  
10701 East Boulevard  
Cleveland, OH 44106

## Biking After Lower Limb Paralysis

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## Study Purpose

- We are evaluating the effectiveness of an exercise program to improve muscle strength and endurance for those with lower limb paralysis.
- Cycling locations are at the Cleveland VA Medical Center and Kent State University.

## Exercise Training

- Stimulating electrodes will be placed on your skin over some of the nerves in your lower limbs.
- Electrical signals will be sent through those electrodes to your muscles allowing you to cycle.
- You will be under the supervision of a physical therapist or an exercise physiologist during your sessions.

## Do You Qualify?

- Do you have lower limb paralysis to do a spinal cord injury or other neurological disorder?
- Are you interested in cycling 2-3 times per week for up to 4 months?
- Are you 18 or older?

