

<div>Lakeshore Enriched Fitness Training</div> <div>A combination of activities that includes fitness, sports and recreation (land and water-based); adapted Yoga; breathing exercises and postural control; movement-to-music; and massage therapy.</div> <div>CI Movement Therapy</div> <div>CI therapy involves practice with a person’s weaker arm on exercise and skilled movements to increase the use of that limb in daily life. A mitt is worn on the stronger arm to encourage use of the weaker arm.</div> <div>Magnetic Resonance Imaging (MRI) before and after treatment and one-year later will determine whether either therapy has an effect on the brain</div>		<div>Frequently Asked Questions</div> <div>How do I become involved?</div> <div>Contact the TBI Rehabilitation research project at (205) 934-9768. You will answer a questionnaire and be interviewed by teleconference to determine if it would be appropriate for you to come to Birmingham for an evaluation.</div> <div>How does the evaluation and selection process work?</div> <div>After coming to UAB, potential participants will be evaluated by our physicians and therapists to ensure that they will have a good chance of benefiting from our program. The evaluation determines a patient’s health status, general movement ability, balance and ability to use the weaker arm.</div> <div>Housing will be at no cost at the Lakeshore Foundation, the site of the Paralympic Training facility, in recently built bungalows for wounded warriors. Living expenses will also be at no cost.</div> <div>How much does the treatment cost?</div> <div>If you qualify for the project, there will be no cost for the treatment, evaluations, and testing.</div>		<div>How is it determined which treatment protocol I will receive?</div> <div>This is a randomized research trial which means you will be assigned to either group by chance, similar to a coin toss. Both treatments have been rated highly by participants.</div> <div>How much time is needed to participate in the research?</div> <div>The therapy lasts for 3.5 hours daily for 2 weeks for a total of 10 treatment days. Testing will take 3 days before and 2 days after therapy. We also need to stay in touch with participants by phone at regular intervals after treatment and will ask them to return to UAB at no cost for repeat evaluations one year after treatment.</div>	
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TBI Rehabilitation Study Candidates

We are currently evaluating potential participants who meet the following criteria:

- At least 19 years old
- 3 months post TBI
- Have movement problems or weakness of the arms, but the ability to make at least some limited movements with the more affected hand
- No excessive pain
- Must be able to undergo MRI

If you or someone you know has had a TBI please contact our laboratory to learn how you might become eligible to receive therapy at no cost. **All travel and living expenses will be paid for the participant and one caregiver**

UAB TBI Research Project

1720 2nd Avenue South,
CPM 712,
Birmingham, AL 35294

For additional information:

Email: TBIrehabtherapy@uab.edu

Call: (205) 934-9768

Fax: (205) 975-9791

or

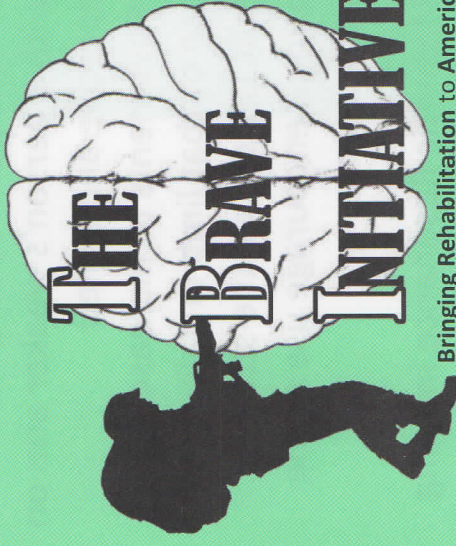
Visit www.TBIrehabtherapy.net

University of Alabama at Birmingham (UAB)

A Department of Defense Project

Traumatic Brain Injury (TBI) Rehabilitation Study

*Lakeshore Enriched
Fitness Training
Compared to
CI Movement Therapy*



Bringing Rehabilitation to American
Veterans in an Enriched Environment –
Improving the quality of life of veterans
diagnosed with TBI

UAB TBI Research Project

Tel: (205) 934-9768