

Announcing a Clinical Study at Casa Colina: The Effective Use of RTI Bike Training & Exercise for MS Patients

What is the purpose of this study?

This study was designed to determine the impact of aerobic exercise via lower extremity functional electrical stimulation ergometry (RTI bike training) on fatigue and quality of life for people with Multiple Sclerosis who are non-ambulatory and unable to propel a standard stationary bike.



Participants may be included if they have/are:

- ◆ 18 years of age
- ◆ diagnosed with Multiple Sclerosis
- ◆ able and willing to comply with the study protocol and fitness center visits
- ◆ appropriate range of motion in hips, knees, and ankles for safe operation of the RTI bike
- ◆ neurologically stable for at least 12 months prior to participation
- ◆ completed and signed Casa Colina's supervised fitness center release forms
- ◆ their referring physician complete and sign the "Referral Screening Release" for the RTI bike

Participants will be excluded if they have/are:

- ◆ a cardiac demand pacemaker
- ◆ an unhealed lower extremity fracture
- ◆ pregnant
- ◆ a history of hip or knee dislocation or subluxation
- ◆ plates, screws, or pins in the femur(s)
- ◆ poorly controlled autonomic dysreflexia
- ◆ active heterotopic ossification
- ◆ extreme osteoporosis
- ◆ severe spasticity in the lower extremities
- ◆ pressure sores in the areas of treatment
- ◆ prior experience with regular training using electrical stimulation

What is involved with participation in this study?

If you or a patient are eligible and would like to participate, we will ask you to do the following:

- ◆ Complete questionnaires to determine your level of fatigue and perceived quality of life at the beginning of the study, monthly during participation, and upon study completion.
- ◆ You (and a caregiver, if necessary) will be trained by a physical therapist to independently use the functional electrical stimulation ergometer (RTI bike) as part of a supervised fitness program at Casa Colina.
- ◆ Participate in a supervised fitness program at Casa Colina Centers for Rehabilitation consisting of a 60-minute lower extremity functional electrical stimulation ergometry (RTI bike) program 3 times a week for 6 months.

**For more information or to find out if you or your patient qualifies, please contact:
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