

Effects of Aerobic Exercise and Rehabilitation after Traumatic Brain Injury.

Experimental findings have indicated that exercise facilitates neuroplasticity and improves memory and quality of life. In this research study we will determine if similar findings are observed in TBI patients. Activity levels will be monitored to assess the effects of exercise. We will also determine if variations in genes involved in neuroplasticity, memory and neuroinflammation influence the responsiveness to exercise and rehabilitation.

STUDY REQUIREMENTS:

Participants will be evaluated, on two separate occasions, for quality of life, balance impairments, cognitive function and responsiveness to exercise. Activity levels will be monitored for the duration of the study.

We are currently recruiting participants in the Southern CA area

ELIGIBILITY:

Inclusion Criteria

- Age will range from 18 to 60 years.
- Documented history of TBI.
- All subjects should be fluent in English.
- Capable of exercising a stationary bicycle or treadmill (with or without trunk support).
- Able to walk independently with or without a device

Exclusion Criteria

- Current diagnosis of degenerative neurological disease.
- A history of of major psychiatric disorder as defined by DSM-V.
- Currently receiving physical therapy.
- Pregnancy.
- A history of previous TBI requiring hospitalization.
- Inability to cooperate
- Orthopedic impairment that compromises exercise performance in both treadmill or a stationary bike.
- Any cardiovascular or respiratory condition that jeopardizes participant health during exercise.

Compensation will be provided to subjects upon completion of the study

**IF INTERESTED PLEASE CONTACT
the Research Department at the Centre for Neuro Skills
661-872-3408 or researchcentre@neuroskills.com**