

# Your Recovery, Your Home

## Testing a novel home-based approach for strengthening motor pathways

### What is the purpose of this study?

A spinal cord injury can make one or both hands weaker and less dextrous.

### How is our approach different?

It's not just repetition, *it's timing.*

We pair movement with stimulation at the right moment to strengthen brain-hand connections.



### Is this study right for you?

You **may** be eligible if you:

- ✓ Are **>1 year post injury**
- ✓ **C2–C7 spinal cord injury with hand weakness**
- ✓ Can make **well-timed hand movements** (we can check this for you)

You **should not** take part if you have:

- ✗ An implanted device (e.g. pacemaker)
- ✗ Ongoing cord compression or a spinal cord disease
- ✗ A history of seizures or head injuries
- ✗ Uncontrolled medical problems (e.g. heart disease)
- ✗ An aversion to loud sounds



### What does the study involve?

**Visits to a Neurokinex Rehabilitation Gym (Bristol or Gatwick) or Newcastle University Medical School:**

- 3 sessions (every 6 weeks)
- 2 hours each

#### At home:

- 20 mins/day for 6 weeks
- Game + gentle stimulation

**The more you play, the better your chance of recovery!**



## Contact Us

To learn more or register your interest, contact us below:

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