

RESEARCH UPDATES

March 2015



The Collaborative seeks to improve the quality of life of individuals with physically disabling conditions through comprehensive rehabilitation and sport science research. The Collaborative's Exercise and Sport Science Research Lab and research team offices are located on the first floor of the Lakeshore Foundation main building, just past the Fitness Center.

BIRMINGHAM-LAKESHORE AGING WITH DISABILITY EXERCISE ENVIRONMENT STUDY (BLADE²S)

- 55 individuals have completed initial testing .
- 30 people have a physical disability, 16 have a chronic health condition, 9 have no disability or chronic health condition.
- 28 people are scheduled to complete testing within the next month.

LAKESHORE EXAMINATION OF ACTIVITY, DISABILITY AND EXERCISE RESPONSE STUDY (LEADERS)

- 15 individuals with Multiple Sclerosis are completing the first set of classes (Movement-2-Music, Adapted Yoga, or home-based intervention) .
- The next set of classes will start in May.

LAKESHORE TRANSFORMATIVE EXERCISE COURSE- OCTOBER 6-9

The goal of this course is to educate rehabilitation and exercise professionals about community- and web-based resources for transitioning people with newly acquired and existing disability from the hospital/clinic to a lifestyle of health and fitness in the community.

WE ARE GROWING:



Kerri Morgan, PhD, OTR/L ATP
Visiting Fellow
Washington University, St. Louis



Zoe Young, PhD
Post-Doctoral Fellow
University of Georgia

RECTECH PROJECTS

- Active Video Game Adaptations - Currently 21 participants have completed phase 1 testing.
- The AVE(2)D project has completed its third round of user feedback testing. The team is working on new updates and the user interface.
- TExT-ME - Currently recruiting participants who have a spinal cord injury for telehealth training.
- Wheelchair Activity Monitor project will begin testing at Lakeshore in May 2015.

DISABILITY REHABILITATION RESEARCH PROJECT (DRRP)

- 21 Consensus Panel Members from around the country, along with representatives from the CDC and NIDILRR, met last week at UAB to discuss and vote on the final adapted guidelines. The meeting was a huge success and a great deal of work was accomplished.

ADDITIONAL PROJECTS

- UAB Engineering will start a second round of user testing for the ScaleMetrix Mach II wheelchair scale starting late Spring 2015.
- USA Quad Rugby resting metabolic rate and energy expenditure project will take place during the May 13-22 training camp.
- SBIR Handcycle project will start in May.
- BLADE²S ancillary study on diet and physical activity, led by Dr. Brooks Wingo, is currently recruiting participants.
- The Brave Initiative, which compares Constraint Induced (CI) Therapy to an intense fitness training program called Lakeshore Enhanced Fitness Training (LEFT), started on March 20.