

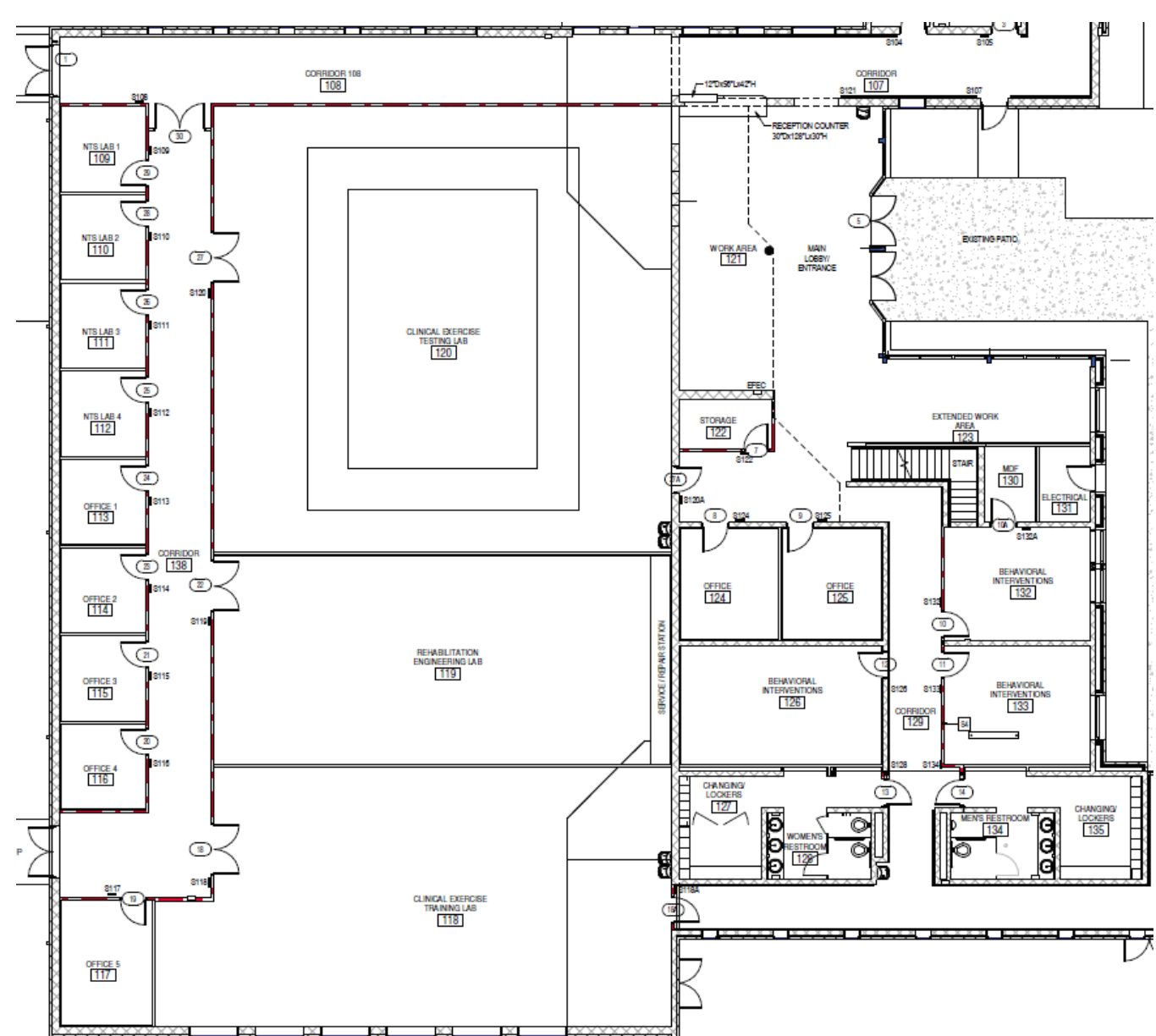
UAB/Lakeshore Clinical Research Facility

Exercise Testing Lab – physiological measurements including aerobic capacity, muscular fitness, body composition, gait, mobility, and balance.

Exercise Training Lab – controlled environment for researchers delivering exercise training interventions.

Rehabilitation Engineering Lab – prototype development, product testing and adaptation, and determining market potential of innovations.

Other – office space; clinical data collection suites; Conference rooms; Pre/Postdoctoral suite; Biostatistics; and Telehealth.



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Teleexercise video conferencing suites – conduct internet-based exercise training or health promotion programs.

Fully accessible nutrition lab – on-site or internet-based nutrition and cooking instruction.

Multimedia lab – delivery of telehealth studies and multimedia training using the latest technology.

Clinical exercise room – dance studio flooring, mirror, barre, and sound system for aerobic exercise and movement-to-music.

Mindfulness lab – adapted yoga and mindful meditation programs.



Project Examples

TEAMS – The TEAMS study is funded by PCORI and compares the effects of a blended complementary alternative medicine (CAM) intervention for people with MS receiving the same treatment onsite vs. through a tablet PC at home.

STEP for MS – The Supervised vs Telerehabilitation Exercise Programs for MS study is funded by PCORI and compares the effectiveness of an exercise program supported by behavior change principles for improving walking function in MS.

HALT MS – The Healthy Aging through LifeStyle in MS project is a collaborative center project funded by the NMSS. This Center stimulates research on lifestyle behaviors for promoting successful aging with MS.

SUPER-HEALTH – The NIH (R01) SUPER-HEALTH study evaluates the effects of a tele-exercise program in improving pain, fatigue, physical activity, and physical function in people with mobility disability.

M2M – The M2M study tests the effects of a 12-week rhythmic-based Movement-2-Music exercise program on health and fitness outcomes in people with neurological disabilities.



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