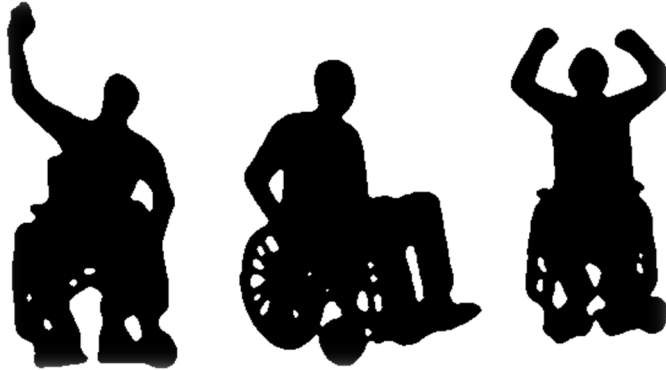


Using Smartphones to Improve Physical Activity Levels of Individuals with Spinal Cord Injury



The **purpose** of this study is to help individuals with spinal cord injury improve their physical activity levels in the community.

If you are an **individual with spinal cord injury**, you may be **eligible** to participate if you ...

- are between 18 and 75 years of age
- are at least 6 months post-injury and medically stable
- use a manual or power wheelchair in the community
- use your upper arms for exercise
- are able to use a smartphone and a smartwatch independently
- are interested in starting an exercise program
- do not have health conditions that medically restrict you from physical activity.

Time Commitment: You will be enrolled in the study for 24 weeks (~6 months).

Number of visits: A member of the research team will meet with you four times at your home or via a video conference meeting software.

Testing: You will be using a smartphone based physical activity monitor system that will measure your physical activity in the community. You will also be required to answer questions related to your physical activity on a regular basis.

Compensation: Participants can receive up to \$20 per month for six months of the study and \$40 for interviews and equipment return.

If interested, please contact:

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