

**Do you have a spinal cord injury? (SCI)  
Would you like to participate in a research project?**



**Research aim:** To evaluate the effect of a *Feldenkrais®* programme on people with SCI.

I am a PhD student looking for volunteers with SCI who would be interested in taking part in a *Feldenkrais®* movement programme. Participants would be adults with SCI who can get on and off the floor. If you would like to find out more, please contact me.

**Contact Details**

Cindy Allison, School of Health Sciences, University of Canterbury

Phone: 364-2987 ext 8397; 351-2000

E-mail: [lucinda.allison@pg.canterbury.ac.nz](mailto:lucinda.allison@pg.canterbury.ac.nz)

## **What is the *Feldenkrais*® Method?**

The **Feldenkrais**® Method is a form of movement education designed to improve balance and ease of movement. For more information visit [www.neuroplasticity.co.nz](http://www.neuroplasticity.co.nz) and/or [www.feldenkrais.org.nz](http://www.feldenkrais.org.nz) .

## **Your involvement**

If you decide to take part, your involvement would be about 50 hours over a 6 ½ month period between June and mid-December 2017. You will be asked to attend 3 interviews and a 12 week *Feldenkrais*® group programme (2 hours/week with a 1 week break in the middle), complete questionnaires on symptoms and take part in postural stability and ease of function tests. You can withdraw from the study at any time.