**IRAS:** **326143; REC REF: 23/WM/0121**

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**Scan the QR code to see our project webpage**

**Arm Cycling vs. Upper-body Exercise for Physical Function**

We are looking for volunteers with a spinal cord injury living in the community to undertake an 8-week, home-based exercise programme. The programme requires 30 minutes of self-directed exercise for 3-5 times/week.

We will visit your home or a place that is convenient for you to help you get set up and to evaluate your muscle activity, balance, fitness and health before and after the exercise programme.

**Do you have a direct injury to the spinal cord and want to improve physical function via exercise?**

**Contact us for information!**

If you would like further information about the study, please contact Mr Humain Choudhury (University of Birmingham) at h.choudhury@bham.ac.uk or telephone/WhatsApp on 07587055782.

 **Thank you!**