

# Transspinal Stimulation With and Without Blood Flow Restricted Exercise Via Telehealth in Persons With Tetraplegia

NCT05423600

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Virginia Commonwealth University
Enrollment	44 participants

## Key Eligibility Criteria

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### Inclusion (7)

- A written clearance from the study medical doctor to ensure that the participant is safely able to engage in the study.
- Participants must have a companion that will be able to help him/her throughout the study.
- Greater than 1-year post SCI, neurologic level of C8 or above.
- American Spinal Injury Association Impairment Scale (AIS) scores of B, C, or D indicating presence of an incomplete SCI.
- Visible muscle contraction response to NMES wrist extensors, bilaterally.

... and 2 more (see full listing online)

### Exclusion (17)

- Unhealed fracture in upper or lower extremities.
- Severe scoliosis, severe upper extremity contractures, or other musculoskeletal issues that would impede participation in a BES + TS intervention or valid evaluation of outcome measures.
- High resting blood pressure greater than 140/80 mmHg.
- Taking anti-coagulants or anti-platelet agents, including aspirin if unable to be off this medication for medical reasons.
- Pregnancy (female participants). A home pregnancy test will be conducted to rule out any pregnancy before the study at the McGuire VAMC. The test will be repeated every month during the course of the study.

... and 12 more (see full listing online)

## Locations (3 total)

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Sheltering Arms Physical Rehabilitation Centers, Richmond, Virginia, United States  
Richmond VA Medical Center, Richmond, Virginia, United States  
Virginia Commonwealth University, Richmond, Virginia, United States

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<https://clinicaltrials.gov/study/NCT05423600>

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