

# Flexibility, Resistance, Aerobic, Movement Execution Training in Adults With Hereditary Spastic Paraplegia

NCT06742697

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|------------|---------------------|
| Status     | RECRUITING          |
| Phase      | Not Applicable      |
| Sponsor    | IRCCS Eugenio Medea |
| Enrollment | 20 participants     |

## Key Eligibility Criteria

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### Inclusion (4)

- Adults diagnosed with Hereditary Spastic Paraplegia.
- Presence of any functional deficit in the lower limbs that affects walking, such as muscle weakness, hypertonia, or balance issues.
- Ability to walk without the need for physical contact with another person, as defined by a Functional Ambulation Category score of 3 or higher.
- Ability to understand simple instructions, comprehend the purpose of the study, willingness to participate and undergo at least 10 treatment sessions, eligible and willing to sign the informed consent.

### Exclusion (2)

- Botulinum toxin or surgery to treat lower limb hypertonia in the six months prior to enrollment in the study.
- Contraindications for moderate physical activity, such as stretching exercises, muscle strength training, and aerobic capacity training.

## Locations (2 total)

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Scientific Institute, IRCCS E. Medea, Department of Bosisio Parini, Lecco, Italy., Bosisio Parini, Lombardy, Italy  
Scientific Institute, IRCCS E. Medea, Department of Pieve di Soligo, Treviso, Italy, Pieve di Soligo, Veneto, Italy