

RESEARCH STUDY

Can QIGONG help relieve your neuropathic pain after a spinal cord injury?

Do you want to find out?

The Brain Body Mind Lab is recruiting participants with spinal cord injury (paraplegia or quadriplegia) and neuropathic pain to investigate the effect of QIGONG on relieving neuropathic pain and improving brain function related to pain.

ELIGIBILITY CRITERIA

- Be greater than 18 years of age
- Be able to hear and comprehend the English instructions given in the study
- Have spinal cord injury (paraplegia or quadriplegia)
- Have neuropathic pain for more than 3 months
- Not be pregnant
- Medically stable and no MRI contra-indications



Participants will:

- Receive an introductory class and practice Qigong with an online video for 12 weeks, 3x/week, 41min/session to address neuropathic pain + observation period (12 weeks)
- have 3 MRI scans of the brain + clinical assessments
- Fill in questionnaires related to pain, quality of life, and body awareness

FIND OUT MORE

Dr. Ann Van de Winckel, PhD, MSPT, PT
avdwl@umn.edu or avandewi@umn.edu (preferred)

612-406-2500



UNIVERSITY OF MINNESOTA