

REHABILITATION FOR PEOPLE WITH ATAXIA STUDY

Researchers are looking for people with ataxia for a research study to evaluate whether a 30-week rehabilitation program, including six weeks of outpatient rehabilitation and 24 weeks of a supported home-based exercise program is better than standard care for people with degenerative ataxia.

Participants will be randomly allocated to the rehabilitation program or will be asked to continue their current exercise program for 30 weeks.

The study is being conducted at the Kingston Centre (Melbourne), Ryde Hospital (Sydney), Sir Charles Gairdner Hospital (Perth) and Palmerston Regional Hospital (Darwin). The study is being coordinated by the Murdoch Children's Research Institute, Melbourne.



Who can participate?

- Individuals with Friedreich ataxia or Spinocerebellar Ataxia Type 1, 2, 3 or 6
- Able to participate in rehabilitation, including physiotherapy and hydrotherapy
- Aged 15 years and above
- Currently completing 4 or less hours of physiotherapy or other exercise per week

What is involved?

- You will be required to attend 4 sessions over 30 weeks to be tested for changes in your balance, physical function and ataxia symptoms.
- You will be required to either:
 1. Attend outpatient rehabilitation 3 days per week for 6 weeks and complete home exercises program 5 days per week for 24 weeks **OR**
 2. Continue your usual exercise routine for 30 weeks.

This project has been approved by Monash Health Human Research Ethics Committee.
If you are interested in participating, please contact the Chief Investigator, Dr Sarah Milne, on (03) 8341 6228 or via email: sarah.milne@mcri.edu.au