

The SMART trial

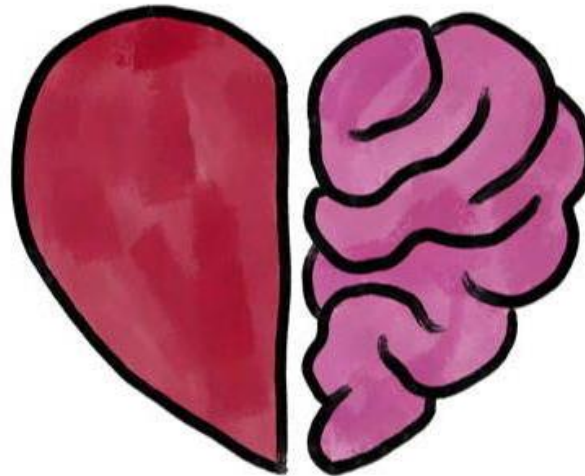
Spinal cord injury, Mind and heART

We are testing a promising new therapy for Adults with Spinal Cord Injury. This non-invasive therapy will likely improve heart and brain function. So, it will possibly lead to improved blood pressure and mood in addition to less cardiac issues, sleep problems, brain fog, pain and fatigue.

This study is conducted at the **Royal North Shore Hospital** at St Leonards, Sydney.

Are you eligible to participate?

- Are you 18 years or older?
- Have you had your spinal cord injury for longer than 12 months?



What will the therapy involve?

- Breathing exercises and techniques for remaining focused under demanding situations

Time commitments:

- **Assessment:** 4 sessions over 12 months (2.5 hours per session)
- **Therapy:** 10 treatment sessions (4 hours per week, including homework)

You will receive a gift voucher for your time.

If you are interested, please contact us or scan the QR code:

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