

Living with a spinal cord injury?

Now recruiting for a research study that could improve breathing and upper limb function.

ABOUT THE RRULI STUDY

Restoration of Respiratory and Upper Limb Function after Cervical Spinal Cord Injury (RRULI)

is a home-based trial investigating Therapeutic Intermittent Hypoxia in combination with breathing and upper limb exercise training in adults with incomplete cervical spinal cord injuries.

WHAT IS THERAPEUTIC INTERMITTENT HYPOXIA?

- **Therapeutic Intermittent Hypoxia** involves breathing low- oxygen air for brief periods.
- It may create new or stronger nerve connections and **increase the effects of rehabilitation.**

WHAT DOES THE STUDY INVOLVE?

- Assessments of breathing and upper limb function at Austin Health (Melbourne)
- Home visits **3 times per week for 6 weeks** of:



Therapeutic Intermittent Hypoxia

Rest

Exercise

Home based



FIND OUT MORE

Contact RRULI Trial Coordinator Laura Stendell
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Or scan the QR code

