



# A Research Study for Traumatic Brain Injury



A research team at the National Institutes of Health (NIH) Clinical Center is seeking people who have experienced a traumatic brain injury (TBI). Researchers are testing whether two different types of exercise programs have an effect on mental and physical function in people who have TBI.

## Study involves:

- Three outpatient testing visits and 36 outpatient exercise visits over 24 weeks.
- Testing visits will last about eight hours and include a physical examination, questionnaires, brain imaging, tests of thinking, balance and physical fitness.
- You will be randomly assigned to either begin exercise immediately or after 12 weeks. You will also be randomly assigned to moderate intensity exercise or high intensity exercise.
- Participants will exercise for 30 minutes on an elliptical machine, 3 days per week for 12 weeks.
- All exercise is supervised and performed at the NIH Clinical Center.
- Study-related tests and procedures are provided at no cost.
- Compensation will be provided for participation.

## You may be eligible if you:

- Are 18-79 years old.
- Experienced a TBI at least 12 months ago.
- Are able to stand and walk without assistance.
- Are able to visit the NIH Clinical Center three times a week for 12 weeks for exercise sessions.

## You may not be eligible if you:

- Have a heart or lung condition.
- Have uncontrolled diabetes or high blood pressure.
- Are not able to have an MRI scan.
- Are currently participating in a formal exercise program.

For more information:

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Go online, [clinicaltrials.gov](http://clinicaltrials.gov)

search by study #: **15-CC-0164**

*The NIH Clinical Center, America's research hospital,  
is in Bethesda, Maryland. On the Metro red line  
(Medical Center stop).*