

Have you been diagnosed with Cerebellar Ataxia? PRIME-Ataxia may be for you!

What is PRIME-Ataxia?

Priming Motor Learning through Exercise in those with Cerebellar Ataxia (PRIME-Ataxia) is a Randomized Control Trial (RCT) examining the effects of exercise for people with Spinocerebellar Ataxia (SCA) Types 1, 2, 3, 6, and 7.

If you are interested, eligible, and enrolled, you will be randomized into one of two exercise groups: high-intensity exercise + balance training or low-intensity exercise + balance training. You will train with a licensed Neurological Physical Therapist who specializes in Ataxia.

What does the study involve?

- Baseline questionnaires and assessments (balance and walking tests)
- 8-week observation period, and 8-week intervention period. Intervention consists of exercise 2x/week for 45-60 minutes.
- Follow-up assessments and questionnaires

**A sub-set of individuals living in the tri-state area (NY, NJ, CT) will be asked to consider participating in an optional assessment at the beginning and end of the program.*



You are eligible to participate in this study if:

- You are 18+ years of age
- You have a genetically confirmed diagnosis of SCA 1, 2, 3, 6, or 7
- You are able to walk (with or without an assistive device)
- You have successfully completed the PARQ



You are NOT eligible to participate in this study if:

- You have trouble with vision
- You have another neurologic disorder (e.g. stroke, multiple sclerosis)
- You have heart or lung diseases that would limit exercise
- You participate in > 3x/week aerobic exercise or balance training

Interested in participating? Contact us!

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