



FES-Rowing

Following an article in the October 2010 edition of forward we have received a great deal of interest in the Functional Electrical Stimulation (FES) rowing research project, with new volunteers already completing the 16-week training programme. Early evidence from the first study suggests that FES-rowing may offer important health benefits.

We are still recruiting for our FES-rowing studies based at Brunel University and our newly-opened centre at the University of Wales Institute, Cardiff.

This Centre has been opened in collaboration with the Federation of Disability Sport Wales.

If you are interested in the project, please consider the following:

**Do you have a complete spinal cord injury (SCI) between C4/5 & T12?
And are you aged between 18 & 45 and otherwise healthy?**

**Could you commit to a strenuous 16 week training programme?
If so, could you travel to one of our Universities 3 times a week?**

If not, are you able to visit a University for a test day?

Or...

**Are you non-disabled aged between 18 & 45 and otherwise healthy?
If so, are you able to visit a University for a test day?**

If you can answer **YES** to these questions, then you may be able to take part in one of these exciting new studies to identify some of the health benefits of FES-assisted rowing. If you are interested in finding out more or want to take part please contact:

Robin Gibbons on **07906 770423**
or email **FES@brunel.ac.uk**
or Keeron Stone on **07811 143415**
email **kestone@uwic.ac.uk**



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