

# **UNDERWATER TREADMILL WALKING TRAINING**

***For individuals with incomplete spinal cord injuries***

A new study at  
Middle Tennessee State University  
will be investigating the benefits of underwater treadmill training  
following spinal cord injury.

**Training will begin in the fall of 2009 at MTSU**

## **Proposed Benefits Include:**

Increased functional mobility

Increased lumbar stabilization

Increased balance, range of motion, strength and endurance

Encourages safety and confidence

For more information or to volunteer as a study participant contact:

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