Join Our Exercise Study Using an Adaptive Running Frame



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Principal Investigator:
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- Are you 18–89 years old?
- Are you an adult with lower extremity mobility limitations?
- Can you speak and understand English?
- Are you able to use a frame runner?

If so, we invite you to take part in a research study exploring a new way to get active using the Frame runner—a supportive, easy-to-use running frame designed for people with mobility challenges.

All sessions held at Lakeshore Foundation, Birmingham, AL.

What's involved?

- Initial visit to the Lakeshore Foundation for device fitting, consent and baseline assessments that include exercises and scans (2 hours)
- 2–3 training sessions per week for 12 weeks in the Lakeshore Field House (about 30 minutes each)
- One outdoor session in Lakeshore trail to test the device in a real-world setting and provide feedback
- Post-training assessment and exit interview

Why join?

Help us understand how running frame training can improve physical fitness and mobility in adults with disabilities.

Participation is voluntary. Choosing not to participate will not affect your services at Lakeshore Foundation or UAB.

Will I be compensated for my time?

Yes, you may receive up to **$400** total

Interested?

Phone: 205-313-7407

Email: kevino@lakeshore.org

Scan the QR code to complete the eligibility screening survey.