

# SMA Research Update – Providing Hope!

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## Ongoing Clinical Trials

### **Randomized, Controlled Clinical Trial of Exercise in Patients with Spinal Muscular Atrophy (SMA)**

*Principal Investigator: Darryl C. De Vivo, MD*

#### COMPLETED

The Columbia University SMA Clinical Research Center plans to recruit SMA Type 3 subjects to participate in a randomized trial of the effects of cardiovascular and strengthening exercising on people with SMA. Individuals who qualify for this study must be between the ages of 8 and 50, have genetically confirmed SMA, and be able to walk independently for at least 25 meters.

The study will last for 18 months, and will require that subjects come for visits at the Columbia SMA Clinical Research Center every 3 months. Each visit will consist of a series of tests that include motor function measures, a physical exam, questionnaires, an exercise capacity test which involves riding a stationary bicycle, and a test where the subject is asked to walk as far as they can in six minutes.

During the study subjects will be asked to closely follow a specific training regimen at some points and at other points they may be asked to exercise in the same manner they do normally. The exercises they will be asked to perform include biking on a stationary cycle and lifting hand weights. The main goal of the study is to see if individuals who participate in the exercise protocol have increases in their strength and/or function. If you are interested in participating, please contact Jackie Montes at **212-342-5767** or [jm598@columbia.edu](mailto:jm598@columbia.edu).