



# FLO<sub>2</sub> STUDY

## Fluctuating Oxygen (FLO<sub>2</sub>) for Recovery after Spinal Cord Injury

### Did You Know...?

- Spinal cord injury causes decreased breathing function
- Respiratory impairment often leads to illnesses such as pneumonia, repeated infections, and re-hospitalization

### Purpose of the Study

This study will determine if a new strategy that uses brief episodes of low oxygen, known as acute intermittent hypoxia (AIH), when combined with respiratory strength training, can improve respiratory function more than either intervention alone.

### Is it Safe?

Yes. Many studies have shown that both acute intermittent hypoxia and respiratory strength training can be delivered safely, with no unwanted side effects.

## About the FLO<sub>2</sub> Study

- 4 interventions, each lasting 5 days
- Interventions include AIH and respiratory strength training
- Pre and post measures to assess breathing function
- Up to \$1,320 for completion of the study

### Are you eligible?

- Adults 18-70 years old
- SCI > 1 year ago
- Injury C-1 to T-12
- Otherwise healthy
- Other eligibility criteria will apply

## LEARN MORE ABOUT THE STUDY

### Contact Us

Brooks.Research@brooksrehab.org  
Office Ph: (904) 345-6910

### Visit the Website

<https://pt.phhp.ufl.edu/flo2/>  
or scan QR code with mobile device

