



PEOPLE WITH CHARCOT-MARIE-TOOTH WANTED FOR “CHOOSE MUSCLE TRAINING” WEIGHT TRAINING STUDY



The Exercise Health and Performance Research Group (Cumberland Campus, University of Sydney, Lidcombe) is conducting a study investigating the benefits of resistance training for people with CMT.

You may be eligible for the study if you:

- have Charcot-Marie-Tooth (Type-1 or Type-X),
- are aged 18-60 yrs,
- are able to walk 100m without assistance

Time commitment:

- Half of the participants will perform an exercise program whilst the other half will be required to continue with their normal routine and will not receive the intervention, as determined by randomisation program
- The exercise program will involve 3 training sessions (1 hour each) per week for 8 weeks.
- Pre-training and post-training assessments will involve an additional 4 sessions (4 hours each).

Participation in this study is entirely voluntary. You are not obliged to participate, and if you do, you may withdraw at any time without reason or prejudice.

If you interested in finding out more, please ask the CMTAA for more information or contact Ms Nidhi Saigal on (02) 9351 9138.