

Dear CMTAA Member,

New research study investigating strength training for children with CMT

We would like you to consider involving your child with CMT to participate in an important clinical trial being conducted at The Children's Hospital at Westmead.

As you know, a major problem for children with CMT is foot weakness. Currently there are no effective treatments for this problem. Strength training might be beneficial, but is untested in CMT.

This study will be the first to evaluate the benefits and risks of exercising the most affected foot muscles in children with CMT. The 2-year trial will investigate if foot and ankle strength training is an effective and safe treatment to improve strength, walking ability and quality of life in 60 children affected by CMT aged 6-17 years.

Every child will undergo a 6-month home-based training program with a Physiotherapist, as well as one fortnightly personalised training session at The Children's Hospital at Westmead. All children will be closely supervised by the Physiotherapist to check safety, technique and progression of the exercise program.

Further details about this important study are enclosed.

If you would like to be involved or would like more information please contact Dr Amy Sman on (02) 9845 3004 or email: amy.sman@health.nsw.gov.au

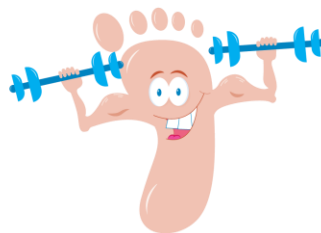
Yours sincerely,



A/Prof Joshua Burns and Dr Amy Sman
Institute for Neuroscience & Muscle Research, The Children's Hospital at Westmead



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