

PARTICIPANTS WANTED!

EXERCISE FOR YOUNG PEOPLE WITH PRADER-WILLI SYNDROME

We want to find out more about the benefits of exercising at a community gym for people with Prader-Willi Syndrome and WE WOULD LIKE YOU TO HELP US!

What is involved?

All participants will exercise twice a week at a local gym for 24 weeks for approximately 45 - 60 minutes with a health professional (usually a physiotherapist). The days and times of training will be decided in consultation with you. The young person would be allocated at random to one of two different exercise programs.

We will do some assessments with the young person at three time points: (1) before starting the program, (2) after the program finishes and (3) 6 months later.

How much will it cost?

We will cover the cost of accessing the gym and will pay for a health professional to work with the young person. We will also contribute towards the cost of your travel and time associated with attending the three assessments.

Who will be taking part?

Young people with Prader-Willi syndrome aged 13 years and over.

Who is organising this study?

This study is led by Prof Nora Shields who is a research physiotherapist at La Trobe University. The research team also includes: Prof Kim Bennell from Melbourne University, Dr Lauren Rice from The University of Sydney, A/Prof Tania Markovic from Royal Prince Alfred Hospital Sydney, Prof Christine Bigby, A/Prof Luke Prendergast and Prof Nicholas Taylor from La Trobe University and A/Prof Jenny Watts from Deakin University.

Interested?

If you are interested in taking part or you have any questions regarding this study, please contact Prof Nora Shields (03 94795852 or N.Shields@latrobe.edu.au) or Alesha Southby (03 94796310 or Alesha.Southby@latrobe.edu.au)