

# Exercise in Friedreich's Ataxia



## GOALS OF STUDY

- To assess the use of arm and/or leg exercise stress testing in Friedreich's ataxia (FA)
- To determine if there is a relationship between exercise performance, neurologic status, cardiac status and global functioning

## WHO CAN PARTICIPATE?

- FA confirmed by genetic testing
- 8 to 40 years old
- No history of abnormal heart rhythms or poor heart function

## WHAT WILL YOU BE ASKED TO DO?

- Attend a screening visit for eligibility, complete a questionnaire, and provide consent
- Exercise on a stationary recumbent or hand cycle for 10-20 minutes at each of four exercise testing visits

## CONTACT INFO:

For more information, please call  
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## Friedreich's Ataxia Program