

# Multi-Purpose Arm Cycle Ergometer for Rehabilitation (M-PACE)



## Minneapolis VA Health Care System

### Why this research is important:

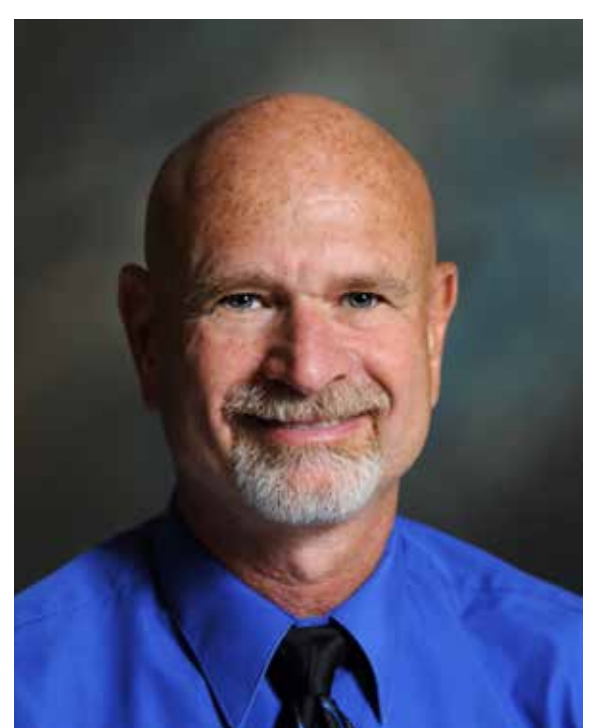
There are very few options for upper limb exercise for persons who are restricted to the supine posture. For example, Veterans with spinal cord injury recovering from flap surgery are restricted to 4-6 weeks of complete bed rest and have very few options to retain their physical conditioning.

### Summary:

The VA MADE Program has developed a multi-purpose arm cycle ergometer (M-PACE) that can be used in the fully supine posture, as well as in the sitting and standing postures. The M-PACE system provides unparalleled access to exercise compared with other systems.

### How the research will improve Veterans' lives:

Veterans with spinal cord injury restricted to supine lying bed rest for 4-6 week as they recover from flap surgery are able to maintain upper body conditioning using the M-PACE. The Minneapolis VA has used the M-PACE for this rehabilitation of over 20 Veterans with spinal cord injury. The daily arm exercise using the M-PACE appears to enhance their recovery physically and mentally.



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U.S. Department of Veterans Affairs

Veterans Health Administration  
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