

Participate in Research

Be FAST Study

(Brain change after Fun, Athletic Sports-Skill Training)



Principal Investigator:

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Centre for Leadership:

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Participate in a research study looking at the relationship between changes in brain activity & changes in movement after walking-based training

What is this study about:

We are doing a research study at Holland Bloorview to learn how activity of the brain changes after walking based training. We will also study change in function and participation to see if these changes are linked to brain change.

Who can participate?

We are looking for:

- Thirty **children ages 7-17 with Cerebral Palsy** that affects just one side of their body, or mostly their legs, and who can walk on their own without a walking aid.

What's involved?

- Children will have **16 sessions of walking based training** over 6 weeks (two-three times per week). This training will involve **athletic skills** that focus on standing, walking and balance.
- All children will have **two scans of their brain** done at SickKids using functional magnetic resonance imaging (fMRI). One brain scan will be before the training and the second scan will be after the training.
- There will be **three assessments at Holland Bloorview**: Before and after the training, and again 6 months after the training is over.
- At the assessments, we will look at how children move. We will also ask questions about how the study is affecting their lives.

Potential Benefits?

The brain pictures may help us to understand how the brain changes after training, and help us understand why some children have trouble with walking and how they can get better. Children will have 16 sessions of training to work on their walking goals.

Potential Risks?

Children might find it a little bit uncomfortable lying still in the brain scanner. There is a chance children may fall during the training, but the trainers will be very careful.

All children will get pictures of their brains.