

## Brain Mechanisms of Qigong for Neuropathic Pain Relief in Adults with Spinal Cord Injury

**Status:** Recruiting

### Eligibility Criteria

**Sex:** Male or Female

**Age Group:** 18 years and over

This study is NOT accepting healthy volunteers

**Inclusion Criteria:**

- 18 to 75 years old - spinal cord injury (SCI) at least 3 months ago - medically stable with paraplegia (T1 and below) or tetraplegia (C4 and below) - highest level of below-level SCI-related neuropathic pain >3 on the numeric pain rating scale.

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**Exclusion Criteria:**

- unable to have a MRI (stabilizing hardware is typically MRI safe) - uncontrolled seizure disorder; cognitive impairment and/or communicative disability (e.g., due to brain injury) that prevent the participant from following directions or from learning - ventilator dependent - pregnant or plans to become pregnant during study - inability to perform kinesthetic imagery

### Conditions & Interventions

**Interventions:**

Behavioral: Qigong

**Conditions:**

Brain & Nervous System

**Keywords:**

SCI, Spinal Cord Injury

### More Information

**Description:** The researchers aim to prove that Qigong practice can result in reduced or relieved neuropathic pain, improved mood, life satisfaction, self-efficacy, enjoyment to move, and community integration; and decreased fear of movement, use of medication or health care services for adults with spinal cord injury.

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**Phase:** N/A

**IRB**

**Number:** STUDY00011997

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