

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

**Status:** Recruiting

### Eligibility Criteria

**Age:** 18 years and over

This study is NOT accepting healthy

**Healthy Volunteers:** 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

#### 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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#### IRB

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