



Shoulder Pain Intervention delivered over the interNet (SPIN)

Are you interested in taking part in research investigating exercise and internet usage to help develop a web-based exercise programme for shoulder pain?

We are inviting anyone living with Spinal Cord Impairment in the Auckland area who has experienced shoulder pain within the last 2 years to participate.

What happens during the study?

The study involves being part of a focus group to discuss your experience of exercise as well as your current internet and technology use.

Your ideas will help in the development of a web-based exercise programme designed specifically for people with SCI.

If you would like to find out more information, please contact Verna Stavric on:

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