

## Randomized ActiveStep Clinical Evaluation Trial – The RACE-T Study



Under the direction of local study coordinator, **Sharil Cass, PT**, and Program Director **Bruce Chamberlin, PT** the Farnum Rehabilitation Center at CMC/DHK is participating in a Dartmouth-sponsored study to compare the addition of the ActiveStep<sup>®</sup> treadmill-based fall stimulator to conventional gait and balance training in elderly patients in reducing the risk for falls. ActiveStep<sup>®</sup> is a treadmill-based fall simulator that

can retrain the body's natural ability to recover from an imbalance that causes a fall. Farnum staff are enrolling men and women 65 years or older who are referred for fall prevention physical therapy intervention. In just the first several months of CMC/DHK's participation we have already exceeded expectations for recruitment of participants. In addition to her role with this project, Sharil Cass is also an active member of the New Hampshire Falls Risk Reduction Task Force.