Description of procedure:

The forced exercise/walking wheel bed system is a test that can be used for physiologic studies as well as activity-based restorative therapies. The exercise/walking wheel bed supports 1-20 exercise/walking wheels. Each animal has its own running wheel with a swing-hatch system for easy animal loading and removal. The hand held LCD interface permits a single exercise speed, exercise time, rest time, and number of cycles. The exercise program consists of training animals to run on a motorized wheel system for up to 7 m/min., which is well below the exercise tolerance level in mice (Lafayette Instrument Co.).

Supplies:

- Lafayette Instrument Forced Exercise/Walking Wheel Bed system with LCD interface

Procedure Steps:

1. The initial two-week training period involves training the animals to acclimate to the walking wheel and exercise bed and learning to run at a certain speed, for a certain amount of time.
2. The initial exercise speed will be 2.5 m/min. for one hour.
3. The speed is then incrementally increased up to 7.0 m/min for up to one hour.