

Eric Harness, CSCS

Education

San Diego State University, San Diego, CA, USA
Bachelor of Science, Kinesiology
Minor Study, Psychology
1997

Employment

2015- Owner/Founder, Neuro Ex, Oceanside, CA
2014-2015 Director of Research and Development, Project Walk Paralysis Recovery Centers, SCI
Business Solutions, Carlsbad, CA
2002-2014 Director of Research and Development, Project Walk Spinal Cord Injury Recovery
Center, Carlsbad, CA
1999-2014 Co-Founder, Project Walk Spinal Cord Injury Recovery Center, Carlsbad, CA
1998-2002 Owner, San Diego Sports Training, San Diego, CA

Certification

1997-Present Certified Strength and Conditioning Specialist, National Strength and Conditioning
Association

Publications

Peer Reviewed Articles

Astorino TA, **Harness ET**, Witzke, KA. Chronic activity-based therapy does not improve body composition, insulin-like growth factor-I, adiponectin, or myostatin in persons with spinal cord injury. *J Spinal Cord Med.* 2014 (In Press)

Harness ET, Astorino TA, Knoblach SM, Feather JK. Change in neuroplasticity-related proteins in response to acute activity-based therapy in persons with spinal cord injury. *Top Spinal Cord Inj Rehabil.* 2014; 20(2): 147-157

Astorino TA, **Harness ET**, Witzke KA. Effect of chronic activity-based therapy on bone mineral density and bone turnover in persons with spinal cord injury. *Eur J Appl Physiol.* 2013; 113(12): 3027-3037

Jones ML, **Harness E**, Denison P, Tefertiller C, Evans N, Larson CA. Activity-based therapies in spinal cord injury: clinical focus and empirical evidence in three independent programs. *Top Spinal Cord Inj Rehabil.* 2012; 18(1): 34-42.

Harness ET, Astorino TA. Acute energy cost of multi-modal activity-based therapy in persons with spinal cord injury. *J Spinal Cord Med.* 2011; 34(5): 495-500

Yozbatiran N, **Harness ET**, Le V, Luu D, Cramer SC. A tele-assessment system for monitoring treatment effects in subjects with spinal cord injury. J Telemed Telecare. 2010; 16(3): 152-7

Astorino TA, **Harness ET**. Substrate metabolism during exercise in the spinal cord injured. Eur J Appl Physiol. 2009; 106(2): 187-193

Astorino TA, Tyerman N, Wong K, **Harness E**. Efficacy of a new rehabilitative device for individuals with spinal cord injury. J Spinal Cord Med. 2008; 31(5): 586-91

Harness ET, Yozbatiran N, Cramer SC. Effects of Intense Exercise in Chronic Spinal Cord Injury. Spinal Cord 2008; 46(11): 733-37

Abstracts

Harness ET, Astorino TA, Knoblach SM, Feather JK. Change in neuroplasticity-related proteins in response to acute activity-based therapy in persons with spinal cord injury. Presented at the 2013 American Spinal Injury Association Annual Meeting

Astorino TA, **Harness ET**, Witzke KA. Effect of Multimodal Training on Bone Mineral Density in Individuals with Spinal Cord Injury. Presented at the 2013 American Spinal Injury Association Annual Meeting

Astorino TA, **Harness ET**. Effect of Activity-Based Therapy on Neurotrophins in Individuals with Spinal Cord Injury. Presented at the 2012 Southwest Chapter Meeting of the American College of Sports Medicine

Astorino TA, Witzke KA, **Harness ET**. Efficacy of Multimodal Training to Alter Bone Mineral Density and Body Composition in Persons with Spinal Cord Injury: A Case Study. Presented at the 2009 Southwest Chapter Meeting of the American College of Sports Medicine

Research Support

Ongoing Research Support

NIH SCORE

Astorino (PI) Current

1 SC3 GM095416-01

Effect of Intense Multi-Modal Training on Bone Mineral Density, Bone Biomarkers, and Quality of Life in Persons with Spinal Cord Injury.

Role: Co-Investigator

Completed Research Support

NIH NCMRR/NINDS

Harness/Astorino (PI) 6/11-5/12

5R24HD050846

Integrated Molecular Core for Rehabilitation Medicine

Effect of Activity-Based Therapies on Neuroplasticity-Related Proteins in Persons with Spinal Cord Injury.

Role: Principal Investigator

CALIFORNIA STATE UNIVERSITY SAN MARCOS

Astorino (PI) 7/08-7/09

UPD/RSC FUND

Effect of Intense Multimodal Exercise on Body Composition and Bone Mineral Density in Persons with Spinal Cord Injury

Role: Co-Investigator

FLEXICISER INTERNATIONAL

Astorino (PI) 7/06-9/07

Efficacy of a Movement Therapy Device in the Spinal Cord Injured

Role: Co-Investigator

NATIONAL CENTER OF RESEARCH RESOURCES

Cramer (PI) 2/06-4/07

5M011 RR-00827-29**NICHOLAS FOUNDATION PRIZE TO SCC**

Effects of Intense Exercise on Nervous System Function after Spinal Cord Injury

Role: Co-Investigator

Presentations

- 2014- Panelist, 2014 Parker Human Motion Summit, *Innovation and Value Across the Continuum of Care: What are the Impacts of Emerging Therapy Solutions for Outpatient Rehabilitation?*, San Diego, CA
Invited Speaker, 2014 American College of Rehabilitation Medicine Annual Conference, Instructional Course: *Getting Fit and Staying Active: Promoting Long-Term Health and Fitness in the SCI Community*, Toronto, Ont, Canada
- 2013- Invited Speaker, 2013 United States Special Operations Command (USSOCOM) Care Coalition Conference, Tampa, FL
Keynote Speaker, 1st Annual Fundashon Alton Paas Spinal Cord Injury Awareness Gala, Willemstad, Curacao
- 2011- Invited Speaker, 2011 ASIA-ISCoS Conference on Spinal Cord Medicine and Rehabilitation, *Activity-based Therapies in Spinal Cord Injury: Clinical Focus and Empirical Evidence in Three Independent Programs*, Washington D.C.
Invited Speaker, 2011 American College of Rehabilitation Medicine-American Society of Neurorehabilitation Annual Educational Conference, *Activity-based Therapies in Spinal Cord Injury: Clinical Focus and Empirical Evidence in Three Independent Programs*, Atlanta, GA
- 2010- Invited Speaker, 2010 American College of Rehabilitation Medicine-American Society of Neurorehabilitation Annual Educational Conference, *Activity-based Therapies in Spinal Cord Injury: Clinical Focus and Evidence Based Approach in Four Independent Programs*, Montreal, QC, Canada
- 2009- Invited Speaker, California State University, San Marcos, CA, Kinesiology 202
Keynote Speaker, 2nd Annual Be Perfect Foundation SCI Fundraiser, Clairemont, CA
- 2008- Invited Speaker, California State University, San Marcos, CA, Kinesiology 202
Invited Speaker, 5th Annual SCI Research Advancement Fundraiser, Oceano, CA
Invited Speaker, 33rd Annual California Association for Postsecondary Education and Disability Convention, *Exercise Based Recovery for Spinal Cord Injury*, San Francisco, CA
- 2007- Invited Speaker, 2007 American College of Rehabilitation Medicine-American Society of Neurorehabilitation Annual Educational Conference, *Update on Activity-Based Therapy and Locomotor Training*, Washington D.C.

2006- Invited Speaker, Spinal Cord Injury Unit, Spaulding Rehabilitation Hospital, Boston, MA
2004- Invited Speaker, Spinal Cord Injury Unit, San Diego VA Hospital
2004- Speaker, 26th Annual American Academy of Sports Physicians Meeting

Professional Service

2015- Program Committee, 2015 American Congress of Rehabilitation Medicine Annual Conference
Development Committee, Brain Injury Clubhouse, San Diego, CA
2014- Program Committee, 2015 American Congress of Rehabilitation Medicine Annual Conference
Program Committee, 2014 American Congress of Rehabilitation Medicine Annual Conference
Manuscript Reviewer, Spinal Cord
2013- Program Committee, 2014 American Congress of Rehabilitation Medicine Annual Conference
Manuscript Reviewer, Topics in Spinal Cord Rehabilitation
2012- Manuscript Reviewer, Spinal Cord
Manuscript Reviewer, European Journal of Physical and Rehabilitation Medicine

Professional Organization Memberships

2011-Present Member, American College of Rehabilitation Medicine
2010-Present Associate Member, American Spinal Injury Association
2009-Present Member, Therapy Leadership Council, Academy of Spinal Cord Injury Professionals
2008-Present Associate Member, International Spinal Cord Society
2005-Present Professional Member, American College of Sports Medicine
1997-Present Member, National Strength and Conditioning Association