

# Eric Harness, CSCS

## Education

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

## Employment

2017-                      Clinical Sales Specialist, Myolyn LLC, Gainesville, FL  
2015-                      President/Founder, Neuro Ex Inc, 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

Evans N, Wingo B, Sasso E, Hicks A, Gorgey AS, **Harness ET**. Exercise recommendations and considerations for persons with spinal cord injury. Arch Phys Med Rehab. 2015; 96(9): 1749–1750

Astorino TA, **Harness ET**, White AC. Efficacy of acute intermittent hypoxia on physical function and health status in humans with spinal cord injury: A brief review. Neural Plasticity. 2015; doi:10.1155/2015/409625

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. 2015; 38(5):615-25

**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**

##### Completed Research Support

**NIH SCORE** Astorino (PI) 7/10-7/15  
**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

**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**

- 2018- Invited Speaker, 2018 American College of Rehabilitation Medicine Annual Conference, *Fitness and Wellness for Those With Spinal Cord Injury: The Role of Non-traditional Post-Rehabilitative Programs*  
Invited Speaker, 3rd Caribbean Spinal Cord Injury Congress, *Activity Based Therapy - What is it/Why is it Important?*
- 2017- Panelist, 2017 Working 2 Walk Symposium, *Discussion of an Activity-Based Therapy Strategy*, Miami, FL
- 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, 1<sup>st</sup> 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, 2<sup>nd</sup> Annual Be Perfect Foundation SCI Fundraiser, Claremont, CA
- 2008- Invited Speaker, California State University, San Marcos, CA, Kinesiology 202  
Invited Speaker, 5<sup>th</sup> Annual SCI Research Advancement Fundraiser, Oceano, CA  
Invited Speaker, 33<sup>rd</sup> 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.  
Invited Speaker, Spinal Cord Injury Unit, Spaulding Rehabilitation Hospital, Boston, MA
- 2006- Invited Speaker, Spinal Cord Injury Unit, San Diego VA Hospital
- 2004- Speaker, 26<sup>th</sup> Annual American Academy of Sports Physicians Meeting

### **Professional Service**

- 2019- Program Committee, 2020 American Congress of Rehabilitation Medicine Annual Conference  
Program Committee, 2019 American Congress of Rehabilitation Medicine Annual Conference
- 2018- Program Committee, 2019 American Congress of Rehabilitation Medicine Annual Conference  
Program Committee, 2018 American Congress of Rehabilitation Medicine Annual Conference
- 2017- Program Committee, 2018 American Congress of Rehabilitation Medicine Annual Conference  
Program Committee, 2017 American Congress of Rehabilitation Medicine Annual Conference
- 2016- Program Committee, 2017 American Congress of Rehabilitation Medicine Annual Conference  
Program Committee, 2016 American Congress of Rehabilitation Medicine Annual Conference  
Development Committee, Brain Injury Clubhouse, San Diego, CA
- 2015- Program Committee, 2016 American Congress of Rehabilitation Medicine Annual Conference  
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

2012- Manuscript Reviewer, Topics in Spinal Cord Rehabilitation  
Manuscript Reviewer, Spinal Cord  
Manuscript Reviewer, European Journal of Physical and Rehabilitation Medicine

**Professional Organization Memberships**

2011-Present Member, American College of Rehabilitation Medicine  
1997-Present Professional Member, National Strength and Conditioning Association  
2010-2015 Associate Member, American Spinal Injury Association  
2009-2014 Member, Therapy Leadership Council, Academy of Spinal Cord Injury Professionals  
2008-2014 Associate Member, International Spinal Cord Society  
2005-2014 Professional Member, American College of Sports Medicine