



Seeking Active, Healthy Volunteers

for a research study about
performing exercise activities and
thinking tasks at the same time

About this Research Study

Researchers at the Courage Kenny Rehabilitation Institute are studying an exercise program that includes thinking and moving activities (dual-task) to reduce continuing symptoms after a concussion. The exercise program could be used for highly trained athletes or military members as they recover from concussions. We are including athletic, healthy participants to ensure the exercises are challenging.

If you decide to take part in this research study, you would:

- ◆ Attend group exercise classes:
 - 60 minutes per session
 - 3 sessions per week
 - For 6 weeks
 - Includes exercise stations with movement and thinking activities combined (dual-task)
 - Physical therapists and exercise trainers will monitor and progress exercise and activities
- ◆ Attend a 1-1/2 hour testing session before and after exercise classes
- ◆ **Receive up to \$200 in gift cards in appreciation for your time and contribution to this research.**

This study might be a good fit for you if you:

- ✓ Are 18-34 years old
- ✓ Have never had a concussion
- ✓ Are currently involved in exercise or sport activity
- ✓ Have participated in varsity or club sport athletics in the past

For more information contact:

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or
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Research Coordinator
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“Exploring the Role of Combined Cognitive and Motor Dual-task Assessment for Individuals with Residual Symptoms after mTBI: Normative Data,” is a study reviewed by the Allina Health Institutional Review Board.

allinahealth.org/ckresearch

Concussion-Exercise Research Study

Can you answer **yes** to all of the following questions?
If so, you are eligible to volunteer for this study

- You have never had a concussion?
- You are between 18 and 34 years of age?
- You have no history of a medical and/or heart condition that would limit your ability to perform any of the following?
 - moderate exertion for up to 60 minutes with frequent rest breaks
 - quickly changing positions
 - sitting for up to 30 minutes
- You are not pregnant?
- You have NOT been diagnosed with a major neurological (e.g., stroke or multiple sclerosis) or psychological disorder (e.g., schizophrenia or psychosis)?
- You have normal hearing and vision (corrected) that allow you to communicate and participate in day-to-day activities?

If you answered **YES** to all questions and are interested in participating, please contact Maggie Weightman, PT, PhD, principal investigator, margaret.weightman@allina.com or 612-863-6525, or Stacey Rabusch, project coordinator, stacey.rabusch@allina.com, 612-863-0882.

Or provide your contact information and we will call you to schedule a time for you to learn more about this concussion-exercise study:

Name _____ Phone _____

