



# Seeking Active, Healthy Volunteers

for a study about performing physical activity and thinking tasks at the same time

## Research Description and Purpose

Researchers at the Courage Kenny Rehabilitation Institute are studying ways to help clinicians know when it is the right time for people to return to full activity, sport or military duty after a concussion.

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

- Attend one 2—2 1/2 hour session at Abbott Northwestern Hospital or a community site
- Participate in physical and thinking activities while wearing activity monitors
- Complete some questionnaires about thinking skills, mood, and everyday activities
- Receive a \$50 gift card compensation in appreciation for your time

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

- Have NO history of concussion
- Are highly active with a history of varsity or club sport athletic participation and currently participate in exercise or sport activity
- Are 18-50 years old

### For more information contact:

Maggie Weightman, PT, PhD  
 Principal Investigator  
 Courage Kenny Research Center  
 612-863-6525  
 margaret.weightman@allina.com  
 or  
 Ginger Carroll  
 Research Coordinator  
 612-863-3262  
 CKresearch@allina.com

“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](http://allinahealth.org/ckresearch)

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## Concussion-Exercise Research Study

Can you answer **yes** to all of the following questions?  
If so, this study might be a good fit for you

- You have never had a concussion?
- You are between 18 and 50 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?

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If you answered **YES** to all questions and are interested in participating, please contact Maggie Weightman PT, PhD, principal investigator, [margaret.weightman@allina.com](mailto:margaret.weightman@allina.com), 612-863-6525, or Ginger Carroll OTR/L, project coordinator, [ginger.carroll@allina.com](mailto:ginger.carroll@allina.com), 612-863-32622.

**Or** provide your contact information and we will call you:

Name \_\_\_\_\_ Phone \_\_\_\_\_

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