



Seeking Volunteers — Active Adults who have had a Concussion

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.

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

- ◆ **Attend group exercise classes:**
 - 60 minutes per session
 - 3 sessions per week as able
 - For 6 weeks
 - Includes exercise stations with movement and thinking activities combined (dual-task)
 - Physical therapists 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 18-50 years old
- ✓ Have had a concussion 3 weeks—24 months ago
- ✓ Are interested in returning to a high level of activity or sport

For more information contact:

Maggie Weightman, PT, PhD
Principal Investigator
Courage Kenny Research Center
612-863-6525
margaret.weightman@allina.com
or
Stacey Rabusch
Research Coordinator
612-863-0882
stacey.rabusch@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

Concussion-Exercise Research Study

Can you answer **yes** to any of the following questions?

If so, you are **NOT** eligible for this study

- Has your most recent concussion occurred within the last 3 weeks?
- Has your most recent concussion occurred more than two years ago?
- Do you have 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
- Are you pregnant?
- Have you been diagnosed with a major neurological (e.g., stroke or multiple sclerosis) or psychological disorder (e.g., schizophrenia or psychosis)?
- Do you have uncorrected hearing or vision problems that make it difficult for you to communicate or that affect your day-to-day activities?

If you answered **no** to all questions and are interested in participating, please contact:

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Principal Investigator
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612-863-6525

OR

Stacey Rabusch
Research Coordinator
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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 _____