



## Seeking people who have experienced a Concussion

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 a history of concussion occurring between 3 weeks and 2 years ago with lingering symptoms
- Are 18-50 years old
- Do NOT have a medical or nervous system condition that would prevent you from brief walking and running tests.

#### For more information contact:

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

## Concussion-Exercise Research Study

Can you answer **yes** to any of the following questions?  
If so, please do not volunteer for this study

Has your most recent concussion occurred within the last 3 weeks?

Has your most recent concussion occurred more than 2 years ago?

Do you have a 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 pregnant?

You have been diagnosed with a major neurological (e.g., stroke or multiple sclerosis) or psychological disorder (e.g., schizophrenia or psychosis)?

You have trouble with your hearing and vision (corrected) that prevents you from being able to participate in day-to-day activities?

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If you qualify 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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