

# Participant Information Sheet

Administered by Leah Robb



## **Study Title: Screening Techniques to Minimise Risk of Back Injury in Canoeists**

You are being invited to take part in a research study. Before you decide whether or not to take part, it is important that you understand what the research is for and what you will be asked to do. Please read the following information and do not hesitate to ask any questions about anything that might not be clear to you. Make sure that you are happy before you decide what to do.

### **1. Why is the research taking place?**

The purpose of this study is to establish how useful Functional Movement Screening (FMS) can be in helping to identify canoeists who may be at risk of injury, focusing on the strength and mobility of the cervical and thoracic spine. Normative FMS values for uninjured kayakers between 18 and 45 years of age will be collected as an outcome of this study.

### **2. Who will be invited to take part in the study?**

Twenty-five healthy and active kayakers are invited to take part in this study, aged between 18 and 45 years old. It is important that you have not suffered from any internal, skeletal or severe muscular injury within the last 8 weeks that could be aggravated by testing methods. Subjects who have had surgery within the last 6 months will be unable to participate. Subjects who are considered to be elite or professional athletes will be excluded from this study.

### **3. Who will carry out the research?**

This research study will be conducted by Leah Robb (Final Year undergraduate student at the Ulster University, studying Sport and Exercise Science). The research will be overseen by Mark Matthews (Lecturer in Sport Physiotherapy, School of Sport, Ulster University).

### **4. When will this research study happen?**

Data collection period: February - March 2018

Research, analysis and write up: February - April 2018

### **5. What will the measurements be?**

The 7 component FMS tool will assess mobility and strength through seven analytical exercises and each test will be given a score between 3 and 0. Five tests are scored independently of left and right to highlight neuromuscular asymmetry. A cumulative score out of 21 is recorded.

FMS scores:

- 3 = movement completed pain free & without compensation.
- 2 = movement completed pain-free but with assistance.
- 1 = could not perform movement
- 0 = the movement induced pain.

### **6. Will the information collected be kept confidential?**

All the information will be collected and stored in accordance to the Data Protection Act, 1988. Personal data obtained will not be processed for purposes incompatible to this study and Personal data will be relevant and not excessive in relation to the purpose of this study. All data will be kept in the strictest of confidence and stored in a secure location on password protected files, available on to named researchers. Once this study is finished, any information gathered will be disposed of appropriately.

## **7. What are the potential benefits?**

It is hoped that through this study athletes who may be more likely to experience back problems (as a result of insufficient mobility of the spine) can be identified using the normative data collected. Early intervention such as specific training programs or treatment could then be administered to reduce the likelihood of an injury occurring.

## **8. What are the potential risks?**

FMS can identify potential problem areas for participants which may have gone unnoticed as they do not normally perform a certain exercise. It is important that, if a problem is to arise, the subject is to notify the test administrator. The situation can then be reviewed and appropriate action can be taken.

## **9. Who do I speak to if I have any questions?**

Please contact Leah or Mark if you have any questions regarding this study. Contact details are available below.

## **10. What next?**

If you wish to volunteer for this study, please contact Leah Robb (contact details are below). You will then receive an email containing a 'Participant Consent form' and 'Health and Lifestyle Questionnaire' which should be completed and returned. Notification of testing dates and locations will then be sent out to each participant.

Thank you for taking the time to consider this invitation.

## **Contact details**

Contact: Leah Robb (student investigator)  
Email: [robb-l@ulster.ac.uk](mailto:robb-l@ulster.ac.uk)

Mark Matthews (investigation supervisor)  
Lecturer in Sport Physiotherapy,  
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