

## **Informed Consent Form**

### ***Invitation to Participate***

You are invited to participate in a research study titled: A Comparison of Strength and Range of Motion in Relation to Different Surgical Procedures Used to Repair Anterior Shoulder Dislocations conducted by Ms. Shirley Joking and Mr. Rich Lotto, students from the Regis University Department of Physical Therapy under the direction of Mr. Tim Noteboom, P.T. The study will be done at the Goodtimes Physical Therapy Clinic.

### ***Basis of Subject Selection***

You are invited to participate because you are 18 years of age or older, and you have had surgery to repair your shoulder after dislocation. In addition, you do not have shoulder laxity, as tested by Mr. Noteboom, and it has been at least one year since your surgery.

### ***Purpose of the Study***

We want to see how much strength and flexibility you have in both your repaired shoulder and you unaffected shoulder.

### ***Explanation of Procedures***

You will complete a brief survey which asks questions about your shoulder injury. We will then have you warm up your shoulder muscles with a few exercises. Then we will test your flexibility by having you move your arms in six different directions. You will then be tested for strength in your shoulder muscles by using a strength measuring machine called a Cybex II. On this machine you will do three full force contractions of your shoulder muscles in each of the six directions tested in the flexibility test. You will do this for both shoulders. The study will take a total of two hours.

### ***Potential Risks and Discomforts***

During the study, you might experience some muscle fatigue or muscle discomfort from the full Force Contractions. The time allowed for rest between each contraction will lessen the chance of soreness or fatigue. There is also a small chance that your shoulder could be re-injured. The warm up exercises done before any measurements, and the screening test to make sure your shoulder is not lax will lessen the change of re-injury. After the study, you may notice some muscle soreness that starts around 24 hours, and is usually gone by 72 hours. If you are sore, stretching followed by icing of the sore muscles will help.

### ***Potential Benefits***

The results of this study will tell us how much strength and flexibility we should expect patients to get back after surgery for shoulder dislocation. This information, in turn, may help future patients. Other than showing you how strong and flexible your shoulders are, you will receive no direct benefit from participating in this study.

### ***In Case of Injury***

If you are hurt by this research, please immediately contact Mr. Tim Noteboom at (303) 458-4268. If you are hurt by this research, we will provide medical care if you want it, but you will have to pay for the care that is needed. You will not be paid for any other loss if you are hurt as a result of the study, such as lost wages, pain, or suffering. This should not be taken as a waiver of any legal rights you may have.

### ***Financial Obligations***

All testing will be provided to you at no cost. The only expense you will have is transportation to and from the clinic. Parking will be provided free of charge.

### ***Assurance of Confidentiality***

Your name will not be linked with your scores in any way. Instead, your data will be identified only by a subject number. Information we get from this study may be published in professional journals or presented at professional meetings. In such publications or presentations, your identity will never be revealed.

