Informed Consent

Studies examining the relationship between shoulder, back, neck and hip pain and core and scapular stability in competitive adolescent swimmers

As a member of this swim team, I agree to participate in the following outcomes study examining the relationship between core and scapular stability and shoulder, back, neck, hip and knee pain in adolescent competitive swimmers. I understand that participation is encouraged but voluntary and can be discontinued at any time. This study is ongoing beginning Sept of 2002 and continuing until the swimmer has graduated from High School or ceases to be a team member.

Study Group – Male and female swim team members, age 10-18, swim groups determined by the coach and examiners

Methods – As arranged with consent of the coaching staff and examiners, measurements will be taken during swim practice on the pool deck or adjacent public area. Various measurements will be taken, taking approximately 5 minutes, at which time the swimmer may return to practice. Mark Daasch, PT, is the examiner for all screenings. Measurements evaluating scapular coordination, placement and function, glenohumeral internal rotation, single leg balance, abdominal strength and trunk coordination will be taken. These screenings will be completed approximately every 6 months until the swimmer finishes their senior year or is no longer a team member. The data collected will be kept in a secure database for statistical analysis.

Data collection-Intervention – The data will be analyzed by the examining physical therapists and coaching staff and used to modify the team dryland conditioning program. For those reporting pain or having significant dysfunction, a swim specific rehab protocol of 6-8 physical therapy visits is available with a physician prescription. This unique protocol has been developed from this specific study, is covered by your health insurance, and is available only through NovaCare Rehabilitation, 1198 Smiley Ave., Cincinnati, OH 45240, 513-671-6362. It is administered by the above mentioned therapists.

Risk/Benefit/Cost – The screenings will be carried out without cost or compensation to the individual swimmer or to the team. There is no risk to the individual during the screening process. The team and the individual swimmer receives benefit in that the data collected is used to modify the team's dry land program for improved conditioning , decreased mechanical dysfunction and injury prevention.

I will participate: ***Yes*** ***No***

Swimmer_____ Date_____

Parent/Guardian_____ Date_____

Mark Daasch, PT_____ Date_____