



## KEY INFORMATION FOR THE EFFECT OF LOAD BEARING AND RECOVERY ON SHOULDER FUNCTION

We are inviting you to take part in a research study about the effects of heavy loads on shoulder function. Healthy individuals, age 18 to 30 who pass a fitness screening are eligible to participate.

PURPOSE	PROCEDURE	DURATION
<ul style="list-style-type: none"><li>•We hope to learn about how nerves react to wearing a heavy backpack while walking.</li><li>•We want to learn how to prevent shoulder injuries caused by carrying heavy loads.</li></ul>	<ul style="list-style-type: none"><li>•You will walk at medium speed for 1 hour on a treadmill wearing a 45-pound backpack.</li><li>•A medical professional will perform nerve conduction studies (NCS). NCS is used to see how fast the nerves send electrical signals.</li></ul>	<ul style="list-style-type: none"><li>•Your participation in this research will last about three hours.</li></ul>

### WHAT ARE REASONS YOU MIGHT CHOOSE TO VOLUNTEER FOR THIS STUDY?

- Some participants appreciate knowing they contributed to research that may benefit others in the future.
- You can stop at any time if you experience pain or feel bad during the study.
- Medical professionals will perform the screening and the tests. For a complete description of potential benefits, refer to the Detailed Consent that follows.

### WHAT ARE REASONS YOU MIGHT CHOOSE NOT TO VOLUNTEER FOR THIS STUDY?

- You may not benefit directly from this study..
- You may feel a burning muscle pain or twitching from the NCS.
- You may feel tired or sore from walking on the treadmill.
- The backpack could cause muscle strain during the 1-hour exercise.

### DO YOU HAVE TO TAKE PART IN THE STUDY?

If you decide to take part in the study, it should be because you really want to volunteer. You will not lose any services, benefits or rights you would normally have if you choose not to volunteer.

### WHAT IF YOU HAVE QUESTIONS, SUGGESTIONS OR CONCERNS?

The person in charge of this study is (name) of the University of Kentucky. Contact (name) if you have questions or concerns or you want to withdraw from the study:

If you have any questions, suggestions or concerns about your rights as a volunteer in this research, contact staff in the University of Kentucky (UK) Office of Research Integrity (ORI), Monday – Friday, between the business hours of 8am and 5pm EST, at 859-257-9428 or toll free at 1-866-400-9428.

Continue to the Detailed Consent