

LECOM MUSCULOSKELETAL INSTITUTE

MSDR[®] Study Patient Information

The LECOM Musculoskeletal Institute is seeking patients with impaired shoulder function and mobility related to arthritis, trauma, and sports injuries willing to participate in a research study starting in January 2019.

This clinical study aims to evaluate the effectiveness of osteopathic manipulative medicine (OMM) versus conventional physical therapy in the management of shoulder arthropathies. Patient evaluations and treatment will be conducted at the LECOM Medical Fitness and Wellness Center.

Patients must meet these requirements:

- 18-59 years of age at the time of enrollment
- Have a history of pain and/or loss of function and /or strength to one or both shoulders, with or without a history of injury

Patients will be excluded if they have the following criteria:

- Have previously had surgery to the shoulder of concern
- Have undergone physical therapy, manual therapy or injections about the shoulder of concern within the previous 90 days
- This condition is related to a worker's compensation claim
- Pregnant – self reported
- Unable to give informed, written consent to participate in study

Additional study information:

- Study duration is 8 weeks – Starts with enrollment and MSDR[®] evaluation followed by six (6) weeks of Physical Therapy (PT) or Osteopathic Manipulative Medicine (OMM) and then a follow-up visit one to two (1-2) weeks after PT or OMM is completed.
- Each PT session will last approximately 60 minutes.
- OMM treatment will last approximately 45 minutes.
- PT will occur twice a week for six (6) weeks.
- OMM will occur once a week on alternating weeks until four (4) total sessions are completed within the six (6) weeks.
- Patients will incur no cost for treatment. All care is considered within the standards of medical care and would be covered by the participants' health insurance.
- Each participant will receive a \$25 Coffee Cultures Café gift card at the conclusion of the study.

For more information regarding the study, call the LECOM Orthopedic Office at (814) 868-7840 or the LECOM Medical Fitness and Wellness Center at (814) 868-7800. Thank you for your consideration.