

RECRUITING PITCH:

Hi – My name is Katie Solheim and I am a research assistant from UNC. I am helping with a research study being sponsored by UNC Chapel Hill. We want to identify brief exercise tasks that could be used to determine return to duty readiness after military concussion.

I am recruiting participants to help us in this study. You are eligible to take part if you've had a concussion and it's your first one in the past 12 months. If you decide to participate in the study, we will wait until your symptoms improve and then have you come back here for a single session that will take ~45 minutes of your time. You'd wear a heart rate monitor and we'd have you perform two short exercise tasks, one that is a 2 minute push-up task and the other that is a 6 minute stepping task.

Being in a research study is entirely up to you and is not something that is ever directed by command. Is this something you're interested in?

If no, thank them for considering. If yes, all I would need from you is to sign a consent form for the study. Then, Julianna, another project member, will contact you to see how your symptoms are each day and when your symptoms have improved, we will schedule a session here at the ISC that works for your schedule. I really appreciate your willingness to participate as it relates to promoting more safe and appropriate return to activity guidelines for active duty servicemembers.