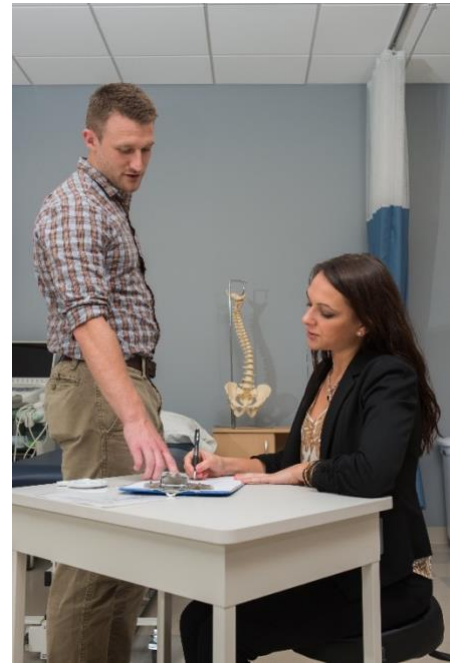




We are recruiting for a study that will evaluate the effectiveness of two different physical therapy interventions for older adults with low back pain who also have hip pain!



STUDY DETAILS

If eligible, participants receive an evaluation and 8 weeks of physical therapy, with treatment sessions scheduled two times per week.

- There are two different treatment groups, and participants will be randomly assigned to one of the two groups. Both treatment groups are receiving commonly used physical therapy treatments, including trunk muscle training exercises.
- The main difference between the 2 groups is the manual therapy techniques that will be included in these treatments.
- Both groups will have a home exercise program.





Delaware Spine Studies

TIME COMMITMENT



Each physical therapy treatment session will last about **65 minutes**.

There will be an **initial evaluation** (which will take approximately 2 hours) and **2 follow-up evaluations** (which will take approximately 1.5 hours) over the course of **6 months**, one at the end of participants' physical therapy sessions and another one 4 months later.

Participants will be asked to complete some questionnaires that will take about 5-15 minutes before each evaluation.

COMPENSATION

The potential compensation for participation is **\$125**. Participants will be paid \$75 by check after their post-treatment evaluation at 8 weeks, and another \$50 by check after their 6-month evaluation.





Delaware Spine Studies

LOCATION

The evaluation will be at the University of Delaware STAR Campus Clinical Research Laboratory, and treatments will be at the Delaware Physical Therapy Clinic on STAR Campus.

Directions to Clinical Research Laboratory

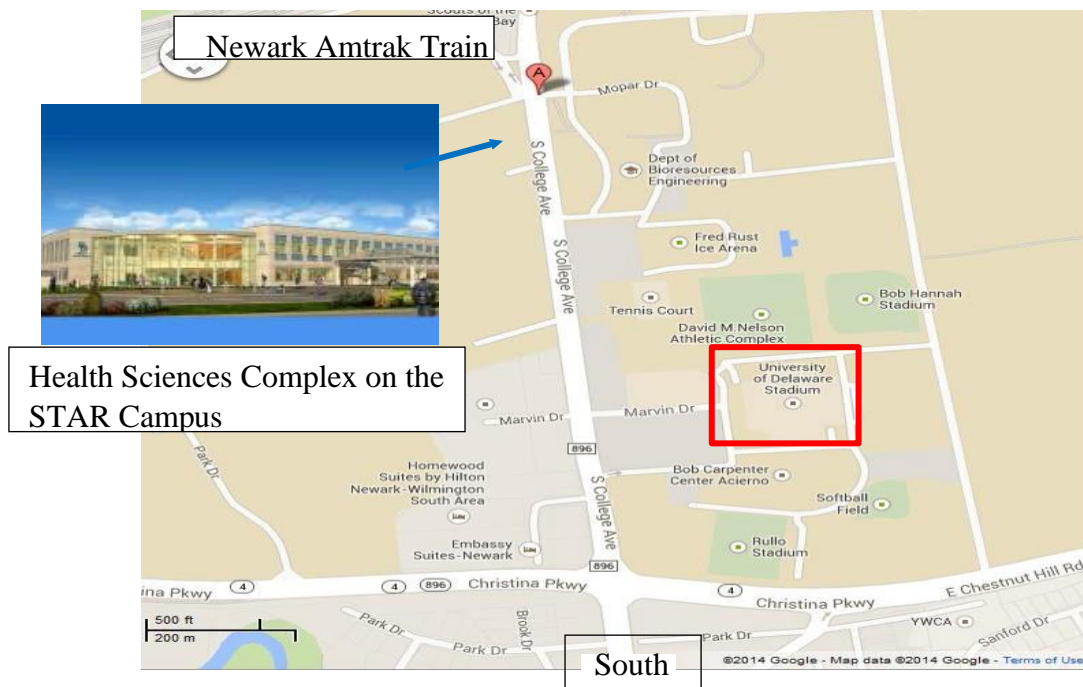
The building address is 540 South College Ave, Newark DE (formerly the Chrysler Building).

Coming from Main Campus/North:

Drive south on 896, over the bridge and past the Amtrak Station entrance. The parking lot can be accessed by turning right at the first traffic light.

Coming from I-95/South:

Drive north on 896, past DE-4/Christiana Parkway. The parking lot can be accessed by turning left at the traffic light just past the building, and before the Amtrak Station/bridge.



Please call **302-831-7142** to see if you are eligible, today!