



REQUEST FOR RESEARCH PARTICIPANTS

- ❖ **Do you have pain on the outside of your elbow (“tennis elbow”) that is interfering with your tennis game or daily activities?**
- ❖ **Interested in free physical therapy to help manage your pain?**

If you are, you may be eligible to participate in a research study titled:

“The Effect of Scapular Muscle Strengthening on Functional Recovery in Lateral Epicondylalgia”

Joseph Day, an Assistant Professor and Physical Therapist in the University of Dayton Physical Therapy Department, is conducting a clinical study on the treatment of tennis elbow.

- This study is comparing the effects of different exercises on the recovery of tennis elbow.
- I am looking for people ages 18 years old and older who have elbow pain.
- You will fill out questionnaires, participate in a series of tests for your arm strength.
- You will need to attend therapy treatment sessions 1-2 times a week (approximately 45 minutes a session) for 4-8 weeks and come back for re-testing at 6 months and 12 months.
- *All of the treatments in this study are routinely used in clinical practice. We are not performing any type of treatments that are experimental.*
- **Qualified participants will receive treatment free of charge.**
- All testing will take place at the University of Dayton Fitz Hall, Dept. of Physical Therapy located on the 2nd Floor

If you are interested to see if you might qualify please contact:

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