

# Participant Information Sheet

---

## Participant Information:

You are invited to take part in this research study.

David Vandeput, a physiotherapist in Maasmechelen, Belgium, is leading this study. It is being conducted as part of a thesis for the PG MSc Physiotherapy Research programme at the University of Dundee, United Kingdom, and has been reviewed and approved by the University of Dundee Research Ethics Committee and the Ethics Committee at KU Leuven. This study may help determine whether a cervical spine assessment is necessary in patients with shoulder complaints.

## TITLE OF THIS STUDY

Do patients with shoulder complaints need a neck assessment?

## PURPOSE OF THIS STUDY

Each patient will be assessed by two examiners on the same day. The first examiner will perform a standardized series of clinical shoulder tests before and immediately after the cervical spine assessment. The cervical spine assessment and any treatment will be performed by the second examiner. This second examiner will mechanically classify the cervical spine (according to the MDT protocol) as responder or non-responder, and for those classified as responders, a specific exercise program will be followed to reduce the disorder as much as possible. The shoulder test assessments and MDT classification will be conducted independently, with both examiners blinded to each other's results.

The study will take a maximum of 60 minutes of your time in a single visit/session.

## CONFIDENTIALITY

Your personal data can only be accessed by authorized personnel, such as members of the research team and the Ethics Committee. All data will be handled in accordance with the Personal Data Protection Act. Personal data collected during the study will be replaced with a code number. Only this number will be used in study documents, reports, or publications. Only the lead investigator has access to the key linking the code to your identity.

Your personal data will be stored during the study and destroyed afterward.

Your general practitioner will be informed about your participation in the study.

## INSURANCE

In accordance with Article 29 of the Experiments Act, a no-fault insurance policy is in place.

## VOLUNTARY PARTICIPATION

It is very important for the success of the study that enough people with shoulder complaints participate. Of course, participation is completely voluntary, and you have the right to withdraw from the study at any time.

If you agree to take part in the study, you will be asked to sign a consent form. This confirms that you have received sufficient information about the study and agree to participate.

### Study model

The physiotherapist at the clinic invites you to participate in the study 'Do patients with shoulder complaints need a neck assessment?'

Your visit to the clinic starts with a first physiotherapist

The study includes:

- Checking the eligibility criteria;
- Completing and reviewing questionnaires;
- Signing a consent form;
- Performing some physical shoulder tests.

The second physiotherapist examines and, if needed, treats your neck

The first physiotherapist performs another round of physical shoulder tests

End of study if the consent form is not signed or if you do not meet the inclusion criteria

End of study

## FOR MORE INFORMATION ABOUT THIS STUDY

David Vandeput will be happy to answer your questions about the study at any time.

If you would like to know the final results of this study, please contact:

David Vandeput,

Dr. Haubenlaan 38 b 4, 3630 Maasmechelen

Email: [David.vandeput@kuleuven.be](mailto:David.vandeput@kuleuven.be)