PARTICIPANT INFORMATION SHEET

Title of the project:

Evaluation of work-related musculoskeletal disorders and the level of ergonomic risk using Rapid Upper Limb Assessment tool and their correlation with pain, pressure pain threshold, proprioception, and quality of life among physical therapists in Saudi Arabia

Invitation to the participants:

Dear participants I am Venkata Nagaraj Kakaraparthi, research supervisor for current study, working as a lecturer in Department of medical rehabilitation sciences, King Khalid University. This study is intended to decrease the level of ergonomic risk and improve quality of life in physiotherapists. Ethical committee of scientific research bearing approval number ECM #2023-13040 approved this study

Brief orientation about the study procedure:

A detailed explanation about the study procedure will be given to all participants. Both male and female physiotherapists who were suffering low back pain with age group between 28-55 years and the RULA score three and above are eligible to be a participant for this study. The participants randomly allocated into two groups and their pain intensity, pressure pain threshold, proprioception, and quality of life will be assessed and correlated with their RULA scores.

Then the subjects in Group I will be provided ergonomic advice as per their group protocol and Group II will be provided ergonomic advice and Pilates program as per their group protocol for a period of 8 weeks. After 8 weeks all the outcome measure will be re-assessed and their correlation with RULA scores

Rights of participants:

- The participants are requested to attend 8 weeks, 5 days per week in total 40 sessions. Each session constitutes 1 hour (60 minutes) of therapy based on which group the participant has been assigned.
- Participants has every right to discontinue the study at any time without explanation
- Participants has right to withdraw or destroy any kind of supporting data obtained from them at any point of the study.
- Participant has right to omit or refused to answer to the questions asked by researcher.
- Participants can enjoy their benefits as assured by researcher in spite of refusing to give answers.
- Participants has every right to be aware with the procedures and will be answered to their questions by researcher.
- Participants can clear their doubts regarding the information provided in the

informed consent sheet from the researcher before beginning of the study.

Benefits and risks:

Participants will be improved in overall quality of life and are expected to have other benefits like improving strength, joint range and endurance which are essential for preforming functional activities. As the intervention requires minimal effort from the participants the risk will be negligible. Possible risks are pain and fatigue will be assessed and managed immediately by expert medical professionals.

Signature of the participants Signature of the researcher