# ***PARTICIPANT INFORMATION SHEET***

## Title of the project:

Comparison of Bobath/NDT and Proprioceptive neuromuscular facilitation technique on trunk control in late sub-acute stroke population - A Randomized control trail

## Invitation to the participants:

Dear participants I am Kumar Gular, research supervisor for current study, working as a lecturer in Department of medical rehabilitation, King Khalid university. This study is intended to improve trunk control by using trunk-based NDT, PNF and Conventional physiotherapy techniques and to see the effects of trunk control on function and quality of life in late subacute stroke subjects. This study was approved by ethical committee of scientific research bearing approval number ECM#2020-174.

## Brief orientation about the study procedure:

A detailed explanation about the study procedure will be given to all participants. Subjects will be randomly allocated into three groups by block randomization method. Pretesting will be done by an independent evaluator who is not involved with the subject treatment for all the primary and secondary outcome measures. After the evaluation, the subjects will be provided treatment as per their group protocol. Participants in all groups will receive trunk-based exercises to improve trunk control. Where participants in group 1 will be treated utilizing NDT techniques, group 2 based on PNF techniques and group 3 conventional physiotherapy techniques.

## Rights of participants:

- The participants are requested to attend 6 weeks, 5 days per week in total 30 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, fatigue, drowsiness will be assessed and managed immediately by expert medical professionals.

Signature of the participants Signature of the researcher