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### **Information Statement for the Research Project:**

Injuries Risk: Association with Clinical Examination in Runners (iRACER)

A/Professor Vivienne Chuter, Dr Martin Spink, Dr Fiona Hawke, Professor Robin Callister, Mr Benjamin Peterson, Mr Sean Sadler & Mr Justin Smith  
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You are invited to participate in the research project identified above which is being conducted by Associate Professor Vivienne Chuter, Dr Martin Spink, Dr Fiona Hawke and Mr Benjamin Peterson from the Discipline of Podiatry and Professor Robin Callister from the School of Biomedical Sciences and Pharmacy.

#### ***Why is the research being done?***

The purpose of the research is to determine the relationship between lower limb biomechanical alignment, footwear selection, and lower limb injury in recreational runners. Understanding the relationships between these factors will make it easier for health professionals to address biomechanical abnormalities in runners, and will help to direct future research of strategies to prevent injuries in recreational runners. This research involves a student researcher, Ben Peterson, who is undertaking a PhD (Podiatry) under the supervision of Associate Professor Vivienne Chuter, Dr Martin Spink, Dr Fiona Hawke and Professor Robin Callister.

#### ***Who can participate in the research?***

We are seeking healthy participants, who are aged 18 years or older, and who run a minimum of two times per week, with at least one of those runs being 5km or longer in distance. Unfortunately, if you have had a lower limb injury that has affected your ability to run in the last three months, you are not eligible to participate in this study. Runners who compete at elite levels of competition (open national level or higher), military personnel, sprinters, track-and-field athletes, or multi-sport athletes (e.g. triathletes) will not be eligible for inclusion. Note: Runners who play other sports in addition to their regular running e.g. soccer are still able to participate.

This population has been selected to reflect the general population of recreational runners, as risk factors for injury in the excluded groups are likely different to those in the population of interest.

#### ***What choice do you have?***

Participation in this research is entirely your choice. Only those people who give their informed consent will be included in the project. Whether or not you decide to participate, your decision will not disadvantage you.

If you do decide to participate, you may withdraw from the project at any time without giving a reason and have the option of withdrawing any data which relates to you.

#### ***What would you be asked to do?***

### Baseline Survey

If you would like to participate in this research, you will be asked to complete a paper-based questionnaire at baseline. Questions in this survey relate to your demographic information, training habits, footwear selection, history of running-related injury and health-seeking behaviours associated with previous injuries. This questionnaire can be completed at the time of recruitment, or completed at home and returned to the researchers in person, prior to proceeding to the next phase of the study, which is described below.

### Physical Assessment

You will be asked to attend the Podiatry Skills Lab at The University of Newcastle's Central Coast Campus or Hunter Podiatry Services Maitland (38 Ken Tubman Dr, Maitland NSW 2320), Hunter Podiatry Services Lambton (294 Turton Rd, New Lambton NSW 2305) or The Hunter Foot Clinic (145 Bruncker Rd, Adamstown NSW 2289) according to your preference to participate in a non-invasive physical assessment, in which you will be asked to do the following:

- Have measurements of your foot posture (e.g. measurement of your arch height) performed and recorded\*
- Have measurements of the flexibility/range of motion of the joints of your feet, ankles, knees, hips and low-back performed and recorded
- Have the strength of your hip muscles tested and recorded
- Have your height, weight, circumference and body mass index (BMI) performed and recorded
- Have your core-stability assessed and results recorded
- Have the plantar pressures of your feet recorded, using a pressure mat, or pressure plate
- Having your hip muscle activity measured during walking using surface electrodes\*\*

Testing for this study should not cause any pain or discomfort. If you do experience pain or discomfort, you should alert the researcher. You may opt out of particular measurements if you like.

\*To measure your foot posture, you will need to take six to eight steps on the spot and have the examiner visually and manually assess your feet against specific criteria. To assess lower back and lower extremity flexibility, common range of motion tests will be performed. Your height, weight and waist circumference will be measured using standard scales and tape measures. Core stability will be assessed using a commonly used core stability assessment method.

\*\*Hip muscles activity will be measured by preparing the skin on the outside of your hip by firstly wiping surface debris off and then placing markers on your skin. The markers will painlessly record muscle activity during contractions of this muscle when you are lying on your side and during two short walks, one barefoot and the other with your shoes on.

### Online Injury Logging

You will be asked to complete an online survey through the platform Google Forms to log any running-related injuries which you incur during the study period. This survey is short, and should take no longer than five minutes to complete. Questions relate to the site and severity of the injury.

Any participant who develops running-related injury will be asked to seek the advice of a health professional, and notify the researchers of the injury diagnosis. Participants will have the option of attending The University of Newcastle Podiatry Clinic for assessment and treatment at no charge.

If you have or develop low back pain during the course of the study you will be invited to complete a short questionnaire that will ask you to indicate the severity of your pain and a questionnaire about the nature of your low back pain and the impact on your function. These will take about 15 minutes to complete in total. You do not have to answer any questions you do not feel comfortable with or complete these questionnaires if you do not wish to.

Finally, you will be asked to complete follow-up surveys at 6 and 12 month increments, regarding training habits, footwear selection, running-related injuries incurred during the trial, and health-seeking behaviours associated with those injuries.

### ***How much time will it take?***

The baseline survey will take five to ten minutes. The baseline biomechanical testing will take approximately 40-60 minutes. These will be attended by all participants. Online recording of running injuries experienced will take 5 minutes. For participants with low back pain if you choose to do the low back pain questionnaires these will take approximately 15 minutes and will be issued to you at baseline or sent to you should you log a low back pain injury. All participants will be asked to complete questionnaires at 6 and 12 months after commencing the trial. This will take approximately 5-10 minutes each time and will be mailed and emailed to you.

### ***What are the risks and benefits of participating?***

The risks of participating in this research:

There is no major risk associated with participating in this research. Should you experience any discomfort during the testing sessions you should alert the researcher testing you. Should you experience any injury throughout the trial, you should contact a health professional and the researcher. All researchers involved in this project have CPR Certificates and have relevant health professional degrees. In the event you experience significant acute pain you are advised to consult with your GP or Emergency department. Some of the tests have potential for incidental findings. If this happens you will be referred back to your GP for further investigation.

The benefits of participating in this research are:

- Participants will receive a free biomechanical assessment, one of the four available testing sites, performed by a qualified podiatrist, and will be entitled to receive a written summary of findings
- Participants will be eligible for treatment at The University of Newcastle Podiatry Clinic in Wyong or Newcastle, at no charge for the duration of the study
- Participation will make a contribution to the evidence base of risk factors for lower limb injuries in recreational runners

### ***How will your privacy be protected?***

Any information collected by the researcher which might identify you will be stored securely and only accessed by the researchers unless you consent otherwise, except as required by law. All data collected will be de-identified by replacing names with numerical code to ensure participant confidentiality. Electronic data will be stored on a password protected computer.

Data will be retained for at least 5 years. All data will be stored securely at the University of Newcastle by the principal researcher.

### ***How will the information collected be used?***

Information provided by this research will form part of the student researcher's thesis and will be published in a scientific paper. Individual participants will not be identified in any reports arising from the project.

All participants will be provided with a written plain English summary of the results of the study if you choose. This will be emailed to you or posted to you from the contact details you provide on the Informed Consent form.

***What do you need to do to participate?***

Please read this Information Statement and be sure you understand its contents before you consent to participate. If there is anything you do not understand, or you have questions, please contact the researcher.

If you are interested in participating in this research, please contact Benjamin Peterson at [b.peterson@uon.edu.au](mailto:b.peterson@uon.edu.au) to organise a time to attend a screening session.

***Further information***

If you would like further information please contact Benjamin Peterson at [b.peterson@uon.edu.au](mailto:b.peterson@uon.edu.au) or Associate Professor Vivienne Chuter at: [vivienne.chuter@newcastle.edu.au](mailto:vivienne.chuter@newcastle.edu.au) (02) 4349 4424.

Thank you for considering this invitation.

Associate Professor Vivienne Chuter

***Complaints about this research***

This project has been approved by the University's Human Research Ethics Committee, Approval No. H-2018-0062

Should you have concerns about your rights as a participant in this research, or you have a complaint about the manner in which the research is conducted, it may be given to the researcher, or, if an independent person is preferred, to the Human Research Ethics Officer, Research & Innovation Services, The University of Newcastle, University Drive, Callaghan NSW 2308, Australia, telephone (02) 49216333, email [Human-Ethics@newcastle.edu.au](mailto:Human-Ethics@newcastle.edu.au)