

# You could help us learn about an app to help teens with cerebral palsy with their at home exercise

Researchers at Seattle Children's and the Sports Institute at UW Medicine want to find ways to use the technology called ExerciseRx to make in-home physical therapy routines easier, especially for teens who have cerebral palsy.

Research is always voluntary!

## Would the study be a good fit for me?

This study might be a good fit for you if:

- Have Cerebral Palsy.
- Can Walk with or without a mobility device.
- Are between 13 and 17 years old.
- Would benefit from a simple home exercise routine.

## What would happen if I took part in the study?

If you decide to take part in this study, you would:

- Be prescribed a standard 5-week home exercise plan.
- Use the tablet provided to track your exercise routine.
- Answer brief weekly e-mail surveys.
- Complete a virtual exit interview and questionnaire.

Adolescents who take part in this study get a physical therapy evaluation (in their home or at the University of Washington) with follow up support at no charge and \$100 gift card to thank them for their time.

There may be possible benefits if you take part in the study: Improved or maintained flexibility and strength, typical of home exercise regimens.



**To take part in this ExerciseRx study scan the QR link or contact our team at [exerciserx@uw.edu](mailto:exerciserx@uw.edu) for more information.**

The principal researcher for this study is Connie Leibow in Seattle Children's Physical Therapy