Follow Up Visit:

The duration of youe involvement in this study is eight weeks. Whether you are involved in traditional physical therapy or physical therapy + BFR, . you will follow up with your physician at the conclusion of the study period to review the results of your therapy, and functional outcome measures.

At UOA we care about our patients and we want them to have a great patient experience. We are concerned about your safety and well- being.

As your physicians we would never recommend or suggest a treatment that had the potential for harm or contribute to a less than successful outcome.

Involvement in this study is completely voluntary and you will receive no monetary compcompcompensation for your participation.

Youtube Video Description:

For more information please visit:

https://www.uoanj.com/research-studies/

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Study Sites:
University Orthopaedic Asscociates

- Avenel
- Morganville
- Somerset
- Wall

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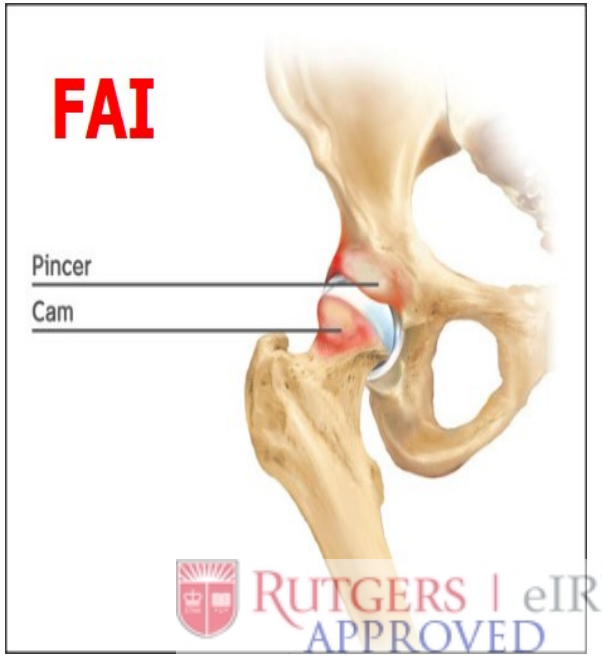
Blood Flow Restriction vs Traditional Physical Therapy for Femoroacetabular Impingement

Rutgers IRB: PRO 2021002413



Why is this study being done:

Objectives

-Determine the effectiveness of Blood Flow Restriction (BFR) on traditional PT for non-operative management of Femoroacetabular Impingement (FAI)

Hypotheses / Research Question(s)

Blood flow restriction therapy, when added to traditional physical therapy, can improve isometric strength in the non-operative treatment of Femorocetabular impingement (FAI)

1) Does the addition of BFR to non-operative management of FAI improve hip strength?
2) Does utilization of BFR improve outcomes?

Research Significance

Determining the impact of BFR for improving muscular strength of the hip could positively impact rehabilitation recommendations for conservative treatment of hip related problems, including FAI.

Who may take part in this study? And who may not?

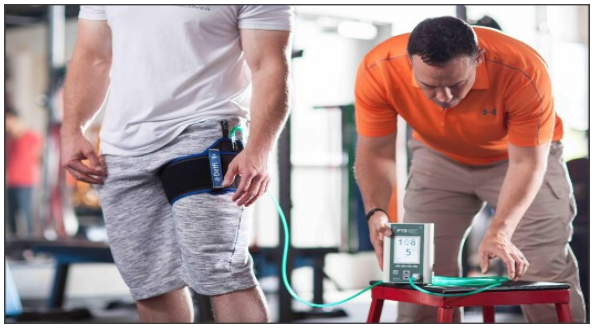
Subjects with a diagnosis of hip impingement or currently has groin pain with positive physical exam findings, and is 18 years of age or older will be included in the study.

Inclusion Criteria

- Age 18 yrs or older
- FAI diagnosed in office
- Groin pain and + anterior impingement testing

Exclusion Criteria

- History of DVT, VTE, or clotting disorder
- History of CRPS or current radicular leg pain
- Trochanteric bursitis as primary diagnosis
- Pre-existing hip condition (SCFE, perthes, AVN)
- Osteoarthritis (Tonnis >2) on xrays
- Stress fracture
- Pregnancy



What will you be asked to do if you take part in this research study?

While you are in this study, you will have measurements taken before starting physical therapy and after completing physical therapy. There are two groups involved in this study. One group will utilize BFR and the other group will not. You will be randomly assigned to one of the two groups. If you were chosen to be in the BFR group, you will also complete BFR therapy alongside the prescribed physical therapy. If you are in the BFR group, the BFR set up will be completed by the supervising physical therapist. They will monitor the cuff application and your performance during the process.

What are the risks of harm or discomforts I might experience if I take part in this study?

The use of blood flow restriction therapy carries a small risk of developing late-onset muscle soreness, numbness, dizziness, and developing bruises under where the cuff for the torniquet is placed. Muscle breakdown has rarely been seen. Muscle breakdown includes injury of the muscle as a whole, which might temporarily compromise the function of the muscle.

What are my alternatives if I do not want to take part in this study?

Your alternative is not to take part in this study. In which case, you will not be enrolled and continue to receive standard of care per your attending physician.