



Study of Fall Risk and Maintaining Functional Independence in Older Adults

We would like to invite you to participate in Cleveland's Practice-Based Research (PBR) Program. Our current project's goal is to assess the effect chiropractic care has on balance, fall risk, and physical function in patients aged 65 and older. The time frame for this project is January – February 2009.

- All materials and instructions will be provided to you.
- You will only have one page of paperwork to complete per patient per visit
- Patients receive usual chiropractic care
- PBR is easy, not time consuming
- PBR contributes to chiropractic research

Participating Doctors/Staff - Baseline Visit:

- Have patient (65 and older) sign consent to release form
- Perform Timed UP and Go (TUG) test (approx. 1-2 minutes)
- Perform One Leg Standing Test (OLST) (approx. 1 minute)
- Record information on data sheet provided & mail to CCC

Re-evaluation Visit: (determined by doctor's usual schedule)

- Perform Timed Up and Go (TUG) test
- Perform One Leg Standing test (OLST)
- Complete patient status form (number of visits, current status ie. continuing, discharged, referred)

If you are interested in participating, please fill out the information below and return. This study will begin in January 2009. If you would like to participate, please let us know by **December 12, 2008**. We look forward to working with you!

DC Name (print) _____

Address _____ City _____

State _____ Zip _____ e-mail _____

**Return to: Cleveland Chiropractic Research Center
Fax 913-234-0902 or email cathy.evans@cleveland.edu
10850 Lowell Avenue, Overland Park, KS 66210**