

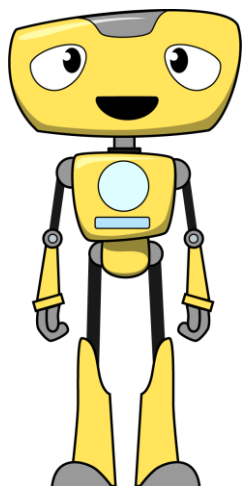
# Participate in Research

Testing Bootle Boot Camp – a New Movement Tracking App to Engage Kids in Home Exercise Programs



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**Tired of prescribing therapy exercises that don't get done at home?** Consider participating in a research study to test out a new home-based therapy exercise App, **Bootle Boot Camp**.

### **What is this study about?**

This study aims to understand physiotherapists' and families' experiences with a home-based therapy exercise application with and without movement tracking.

### **Who can participate?**

- Physiotherapists registered and in good standing with the College of Physiotherapists of Ontario
- Minimum one-year clinical experience in pediatrics
- Caseload includes clients with cerebral palsy (CP)
- Works in public sector (Holland Bloorview) or private sector (private clinics) in Ontario
- Has technology (e.g., laptop, tablet) and internet services
- Has institutional and managerial approval to participate
- Can identify a client (off or on therapy treatment block) meeting the following eligibility criteria:
  - Diagnosis of CP, ages 6-14 years, GMFCS Level I-II
  - At least one goal related to the lower limbs
  - Client and caregiver are able and willing to participate

### **What's involved?**

The study consists of one in-person session with your client in the regular practice setting where you treat your client. During this session, you will set lower limb goals and prescribe a home exercise program to your client using the Bootle Boot Camp App. Following this session, you will be sent an online survey to answer some questions about the App's usability for home exercise prescription. Your client will use this App for 6 weeks (4 exercise sessions per week). The system will log data and video during gameplay. At the end of the study, parents and children will be asked to participate in interviews about their experiences.

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

While you/your client may not directly benefit from this research, we think that you/your client can help us improve Bootle Boot Camp for physiotherapists and families.

Children, physiotherapists, and parents will receive a small token of appreciation. Parking or public transit fees will be reimbursed.