

Application for Approval by UK FTVS Ethics Committee

of a research project, thesis, dissertation or seminar work involving human subjects

The title of a project: Cryotherapy effects to ankle proprioception

Project form: Master's Thesis

Period of realization of the project: 3/2019- 5/2019

Applicant: Tiina Huotari, physiotherapist, physiotherapy master student, UK FTVS Physiotherapy department

Main researcher: Tiina Huotari, physiotherapist, physiotherapy master student, UK FTVS Physiotherapy department

Workplace: Physiotherapy and sport faculty, physiotherapy laboratory

Supervisor: James J. Tufano, PhD, Assistant professor - Strength and conditioning, Charles University

Project description: Research of cryotherapy effects to ankle proprioception. Related to prevention of ankle injuries after cold application. Participants divided to two groups, control group and study group. Use of NeuroCom balance platform machine in physiotherapy laboratory, two measurements eyes closed in controlled and secured conditions with supervisor and physiotherapy PhD student. Study group is doing second measurement after cold application. Beside of balance measurement I'm also measuring active and passive range of motion and subjective manual muscle strength measurement according Kendall/Lewit.

Characteristics of participants in the research: Planned number of participants 20, divided to two groups in the research. Participants healthy students, The participant should be between 18-40 years old healthy with no middle and inner ear problems, metabolic syndromes, following athletic life style, Neurological disorders, Motor disorders, Head and spinal cord injuries, Sensory deficits, Visual disorders, Vestibular disorders and Recent Lower extremity injuries. Age range 18-40.

Ensuring safety within the research: Risks of the research will not be higher than the commonly anticipated risks for this type of research.

NeuroCom machine safety instructions are followed and safety harness are used when measuring balance. Cold pack temperature is 4°C, between skin and cold back towel is used. Participants are told of measurements and the course of the research. Subjective feelings are asked and participants have opportunity interrupt program any time if wanted.

Ethical aspects of the research: All participants are asked for agreement for research at the beginning of meetings. Personal and collected data will be processed and safely retained in an anonymized form. The personal data will be anonymized and processed and safely retained in an anonymised form and published in the master thesis, possibly also in journals, monographs, and presented at conferences, possibly also used in further research at UK FTVS. After the anonymization the personal data will be deleted.

If photos are taken face and other signs of recognizing the person (tattoos, piercings, with marks) are covered/blurred. Nonanonymized photos will be deleted after the end of research.

I shall ensure to the maximum extent possible that the research data will not be misused.

Informed Consent: attached – Informed content is in English since the participants are international students

It is the duty of all participants of the research team to protect life, health, dignity, integrity, the right to self-determination, privacy and protection of the personal data of all research subjects, and to undertake all possible precautions. Responsibility for the protection of all research subjects lies on the researcher(s) and not on the research subjects themselves, even if they gave their consent to participation in the research. All participants of the research team must take into consideration ethical, legal and regulative norms and standards of research involving human subjects applicable not only in the Czech Republic but also internationally.

I confirm that this project description corresponds to the plan of the project and, in case of any change, especially of the methods used in the project, I will inform the UK FTVS Ethics Committee, which may require a re-submission of the application form.

In Prague, 15.2.2019

Applicant's signature:

Approval of UK FTVS Ethics Committee

The Committee: Chair: doc. PhDr. Irena Parry Martínková, Ph.D.

Members: prof. PhDr. Pavel Slepíčka, DrSc.

doc. MUDr. Jan Heller, CSc.

PhDr. Pavel Hráský, Ph.D.

Mgr. Eva Prokešová, Ph.D.

MUDr. Simona Majorová

The research project was approved by UK FTVS Ethics Committee under the registration number: 080/2019

Date of approval: 16.3.2019

UK FTVS Ethics Committee reviewed the submitted research project and found no contradictions with valid principles, regulations and international guidelines for carrying out research involving human subjects.

The applicant has met the necessary requirements for receiving approval of UK FTVS Ethics Committee.

Fakulta tělesné výchovy a sportu
José Martího 31, 162 52, Praha 6

Stamp of UK FTVS

Signature of the Chair of
UK FTVS Ethics Committee