



Delaware Spine Studies

University of Delaware STAR Campus
540 S. College Avenue, Newark, DE 19713
302-831-7142

Disc & Muscle Study

What is it? The goal of this study is to explore disc and muscle function among adults with chronic low back pain. We are recruiting adults with chronic low back pain and adults without low back pain for comparison.

If eligible, you will be asked to complete a survey packet, which includes questions about your health. We will ask you to attend a single clinical evaluation at the University of Delaware's [Center for Biomedical and Brain Imaging](#) located on the Newark downtown campus. This onsite evaluation will involve a clinical assessment of your low back by a licensed physical therapist and imaging of your low back muscles and discs. The survey packet can be completed from home in <30 minutes, and the onsite evaluation takes approximately 2 hours to complete. So the total time commitment is about 2.5 hours.



Clinical Examination by Physical Therapist including Ultrasound Imaging of the Spine Muscles

You may be eligible if you ...

- Are 18-50 years-old.
- Are able to read and speak English to complete surveys and participate in the examination.
- Are able to lie on your back for 1 hour.
- Do not have an inflammatory spinal condition, like rheumatoid arthritis.
- Have not had a spinal fracture.
- Have not had low back surgery.
- Do not have a systemic neuromuscular condition, like multiple sclerosis or Parkinson's.
- Are not claustrophobic.
- Have not been told that you cannot receive magnetic resonance imaging (MRI).
- Are not pregnant.



Magnetic Resonance Imaging of Spine

If you have LOW BACK PAIN, to be eligible you must also...

- Have low back pain that has been present at least 3 months.
AND
- Report low back pain on at least ½ the days in the past 6 months.

If you do not have LOW BACK PAIN, to be eligible you must also...

- Be of a similar age- and sex- to participants with chronic low back pain.

Time Commitment: 2.5 hours

- Questionnaire Packet (can be completed at home on your computer or we can send a packet in the mail that you can bring to your appointment): <30 minutes
- Onsite Examination: 2 hours

Potential Compensation:

- Up to \$100 via Amazon gift card

Onsite Data Collection Location:

- Center for Biomedical and Brain Imaging, 77 East Delaware Avenue, Newark, DE, 19716

Please call (302) 831-7142 to be screened for participation.