



Academy of Orthopaedic Physical Therapy, APTA, Inc. Grant Program Annual Progress Report Form

Date: 2/20/24

Name of Investigators: Jennifer Bagwell (PI); Patricia Mota (Co-I (Personnel change))

Name of Grant: Hip, Trunk, and Pelvic Floor Muscle Function During and After Pregnancy: Implications for Low Back and Pelvic Girdle Pain and Urinary Incontinence

Award Period: 3/6/20 to 3/5/22 (Initial award date is the date that the award was made to your institution)

Current Year of Award completed: 1st, 2nd, no-cost extension year (3rd)

Progress reports are due no later than 1 year plus 10 days after the initial award date. Failure to submit a timely progress report may result in the termination of your award.

1. Summary of accomplishments in the past year: Data collections were able to commence in May 2022. Initial recruitment was slow due to COVID vaccine and mask requirements as well as hesitation among some pregnant individuals regarding participation due to COVID. However, our recruitment has picked up. We have had 46 data collections to date and have 4 more scheduled in the near future. The participants to date include 8 participants that have completed testing during second trimester, third trimester, and post-partum, 5 participants that have completed testing during second and third trimester, one participant that has completed testing during second trimester, and 11 matched, control participants. We have compiled initial data regarding single leg squat biomechanics during second and third trimester and another regarding diastasis recti abdominis ultrasound measurements which will be submitted as an abstract for CSM 2025 (submission this summer).

2. Provide a one-paragraph summary of results or abstract suitable for posting on the Academy website. We are in the process of collecting data on pregnant and postpartum individuals and matched controls. Our research project will provide information regarding how pregnant and postpartum individuals move as well as information regarding muscle function during and after pregnancy. We are collecting biomechanics and muscle activation data during functional movements such as single leg squatting, walking, and running. We are also collecting ultrasound measurements to quantify diastasis recti abdominis during and after pregnancy. Lastly, pregnant and postpartum individuals are completing questionnaires to quantify activity, low back pain, pelvic girdle pain, urinary incontinence, and psychological factors. This data set will provide information regarding how muscle function and movement change across pregnancy as well as the potential relationship between muscle function and movement with common perinatal pathologies such as low back and pelvic girdle pain and urinary incontinence. These findings can help inform the prevention and management of these common pathologies.

3. Attach a list of your publications published or accepted during the past year, or currently being written. Send reprints when available. List presentations made and abstracts accepted for presentation based on this work. Indicate with an asterisk (*) those publications supported by Academy of Orthopaedic Physical Therapy funding.

Please see attached

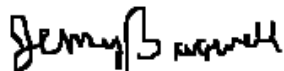
4. Provide a budget, using the original approved budget. Indicate total funds spent to date per major categories. If there was $\geq 25\%$ deviation (greater or less spent) of use of funds for any of the budget category, please BRIEFLY indicate the rationale. (See example below)

Because no data was collected for the first 1.5 years of the project due to COVID, total amount spent and total budgeted amounts for the grant are listed in Year 1. Additionally, other funds were made available to purchase initial supplies due to inability to spend my institutional startup funds on participant stipends for another project due to COVID. We needed an initial amount of data prior to use of consultants and most of the graduate assistant work. Costs for supplies are being processed (\$1,015) as well as for a consultant (\$2,000). We will be hiring a graduate assistant in addition to the research assistant currently working on the project to assist with data analysis. I am requesting to pay my current collaborator and visiting scholar for the consultant roles remaining. The grant was originally submitted when I was at Creighton University and working closely with these 2 individuals. I would like to request paying a different consultant for both of these aspects- Dr. Patricia Mota who is currently a visiting scholar at CSULB who has been working on the project for the past 5 months (and even began consulting before she arrived). She is an expert in ultrasound methodology and clinical aspects of urinary incontinence and pregnancy related pathology. She is currently a part time lecturer in our Department. While significant funds remain, I will be using these over the next year with primary expenses being research subject stipends, consultants, and graduate and research assistant payments.

EXPENSE CATEGORY	Budgeted Amount	Actual Amount Spent in Year 1	Amount Remaining in Year 1 budget	Actual Amount Spent in Year 2	Projected Expenditure in Year 2
Graduate and Research Assistant	\$13,816	\$306	\$13,510	\$136.40	\$13,373.60
Management and Supervisory	\$6,163	\$0	\$6,163	\$4,259.84	\$1,903.16
Support Staff and consulting	\$6,075	\$0	\$6,075	\$136.40	\$6,075
OASDI	\$2,235	\$23.41	\$2,211.59	\$336.32	\$1,875.27
Workers Compensation		\$0.98	(\$0.98)	\$8.57	(\$9.55)
Research Incentives	\$9,600	\$750	\$8,850	\$2,325	\$6,525
Supplies and Services	\$2,105	\$61.45	\$2,043.55	\$79.95	\$1,963.60
TOTAL	\$39,994	\$1,141.84	\$38,852.14	\$7146.08	\$31,706.06

5. Objectives for the next year:

Over the next year we will focus on completing all data collections as well as drafting of and submission of initial abstracts regarding this data. Working with research and graduate assistants and our consultants, we will process all data. The first abstracts will be submitted to CSM 2025. The majority of data analysis will be completed over the next year as well and we will begin drafting 4 manuscripts for submission within the next 2 years.



2/26/24

Your Signature _____

Date _____

Return to:

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