



Academy of Orthopaedic Physical Therapy, APTA, Inc.

## Grant Program Annual Progress Report Form

Date: 3/28/23

Name of Investigators: Jennifer Bagwell (PI)

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

Current Year of Award completed (circle one): 1<sup>st</sup>, 2<sup>nd</sup>, **no-cost extension year (3<sup>rd</sup>)**

**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: While our IRB approval and initiation of data collections was delayed due to COVID-19, we were able to start data collections last 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 14 data collections to date and have 4 more scheduled in the near future. The participants to date include 1 participant that has completed testing during second trimester, third trimester, and post-partum, three participants that have completed testing during second and third trimester, two participants that have completed testing during second trimester, and 3 matched, control participants.

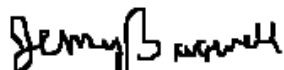
2. Provide a one-paragraph summary of results or abstract suitable for posting on the Academy website. We are in the process of collecting data on pregnant and postpartum individuals and matched controls. Our research project will provide information regarding how pregnant and postpartum individuals 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 muscle thickness. 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.

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 are all 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. We will be hiring a new graduate assistant, paying out support and consulting services, and moving forward with additional supply purchases at this time. While a large portion of funds remain, I anticipate using these over the next year.

EXPENSE CATEGORY	Budgeted Amount for Year 1	Actual Amount Spent in Year 1	Amount Remaining in Year 1 budget	Budgeted for Year 2	Projected Expenditure in Year 2
Graduate Assistant	\$13,816	\$306	\$13,510		
Management and Supervisory	\$6,163	\$0	\$6,163		
Support Staff and consulting	\$6,075	\$0	\$6,075		
OASDI	\$2,235	\$23.41	\$2,211.59		
Workers Compensation		(0.98)	(0.98)		
Research Incentives	\$9,600	\$750	\$8,550		
Supplies and Services	\$2,105	\$61.45	\$2,043.55		
<b>TOTAL</b>	<b>\$39,994</b>	<b>\$1,441.86</b>	<b>\$38,852.16</b>		



3/28/23

Your Signature \_\_\_\_\_

Date \_\_\_\_\_

**Return to:**

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