

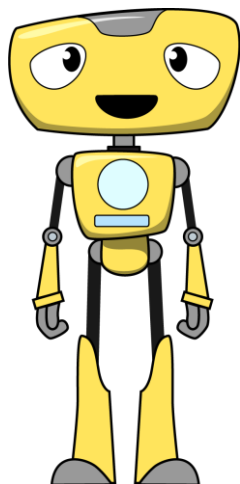
# Participate in Research

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



**Principal Investigator:**  
**Dr. Elaine Biddiss,**  
**MASc, PhD**

**Centre for Leadership  
in Innovation**



**To ask questions or to  
sign up contact Marina  
Petrevska at 416-425-  
6220 ext. 3129**

or  
**mpetrevska@  
hollandbloorview.ca**

Date Posted:

Version 5 – February 20, 2024

**eREB #: 0607**

**Tired of boring home exercise programs?**  
Consider participating in a research study to test out a new home-based therapy exercise application, **Bootle Boot Camp**.

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

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

### **Who can participate?**

- Children with a diagnosis of cerebral palsy classified as GMFCS Level I or II (able to walk on level surfaces without a handheld mobility device)
- Ages 6-14 years
- Normal or corrected to normal vision and hearing
- At least one goal related to the lower limb
- Connected to a physiotherapist in the community (off or on an active therapy treatment block)
- Able and willing to complete 4 weekly exercise sessions
- Caregiver and physiotherapist must both be able and willing to participate

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

The study consists of one in person session with your child's regular physiotherapist who will set goals with your child and prescribe a home exercise program using the Bootle Boot Camp App. Participants will use the App to complete 4 exercises sessions per week for 6 weeks. 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 child may not directly benefit from this research, we think that you/your child can help us learn how to improve Bootle Boot Camp for families and physiotherapists.

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