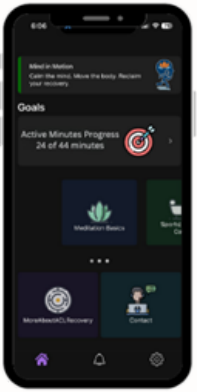
HAVE YOU HAD AN ACL RECONSTRUCTION?

The Department of Kinesiology seeks individuals ages 15 to 30 with a history of ACL Surgery 1-5 years ago for a research study.

The purpose of the study is to test a phone-based program that combines short mindfulness exercises with personalized daily activity goals to learn whether the program changes in confidence and physical activity after ACL surgery.

The study will involve 3 visits to the laboratory:

- Complete surveys about your knee, physical activity, and how you feel about movement
- Have your height and weight measured
- Be fitted with a smart ring (Oura Ring) to wear daily and a thigh mounted fitness tracker (activPal) to wear for 7 days
- The study team will also ask to review your medical records for research purposes



You will then complete a 6-week home-based program to increase your activity:

- Use the Mind in Motion smartphone app, including guided mindfulness sessions and personalized daily activity goals
- Complete two brief daily check-in surveys on your phone each morning and evening for 6 weeks
- Complete 5 short mindfulness sessions per week through the app for 6 weeks

You will be asked to complete online surveys again, 4 weeks after the Mind in Motion program ends.

MIND IN MOTION

Compensation for study completion is a $50 Amazon gift cards and $200 in checks.

FOR MORE INFORMATION PLEASE CONTACT:

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