

# Experimental Study on the Improvement of Shoulder Range of Motion in College Women Basketball Players by Virtual Reality Technology

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## **Informed Consent Form**

Dear Participant,

We are conducting a scientific study titled “Improving Shoulder Range of Motion in College Women Basketball Players Using Virtual Reality: An Experimental Study.” The purpose of this research is to investigate the effectiveness of virtual reality technology in shoulder rehabilitation and provide references for future sports rehabilitation training.

This study has been approved by the Department of Humanities and Education of the College. We sincerely invite you to participate in this study. Please read the following information carefully and sign this consent form only if you fully understand and voluntarily agree.

1. You will undergo 9 weeks of shoulder rehabilitation training, which may include traditional exercises or interventions combined with virtual reality technology.
2. We will collect data on your shoulder range of motion (ROM) and pain levels (VAS), which will be used solely for statistical analysis in this research.
3. Your personal data will be kept strictly confidential and will not be disclosed or used for any other purposes.
4. Participation in this study is entirely voluntary. You may withdraw at any time without any penalty or negative consequences.

If you have any questions, please feel free to contact the research team. Thank you for your support and cooperation!

Researcher's Signature: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Date: \_\_\_\_\_

Participant's Statement:

I have read and fully understood the information above. I voluntarily agree to participate in this study and sign this consent form.

Participant's Name (Signature):

Date: \_\_\_\_\_