HAVE BACK PAIN?

Volunteer for this Research Project

Sign Up for Your Appointment Below

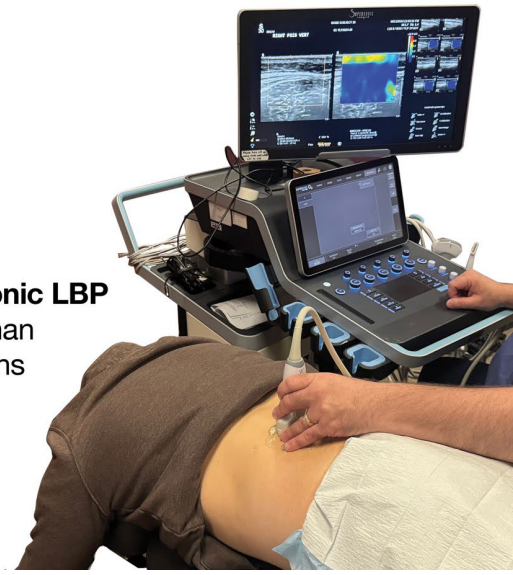
What is the study on?

Thoracolumbar Fascia (TLF) Low Back Pain (LBP)

Ultrasound Assessment of the Thoracolumbar Fascia (TLF) in Individuals with and without Low Back Pain (LBP)

What will this study use?

- **Quanitification for biomarkers**
- **An ultrasound** (no radiation)
- **Osteopathic Manipulation Therapy** (OMT)



Who qualifies to participate?

- Those between the ages of 18-50
- Fit into one of these three categories:

1. No LBP	2. Acute LBP	3. Chronic LBP
in the last 6 months	in the past 3 months	more than 3 months

This study is funded by the United States Department of Defense (DoD) and the American Osteopathic Association (AOA). | VCOM IRB #2023-154

Ultrasound Assessment of the Thoracolumbar Fascia in Individuals with and without Low Back Pain, and Treatment Response with OMT or Hydrodissection

- **Aim 1**: To develop reliable image analysis approaches to distinguish individuals with or without low back pain.
- **Aim 2**: Assess effect of ***Osteopathic Manipulative Therapy*** (***OMT*** – a form of hands-on manual therapy) or ***Hydrodissection*** (an injection of fluid used to gently "powerwash" restricted soft tissue) of the thoracolumbar fascia as a novel and simple treatment for chronic low back pain.
- **Time Committment**: All Individuals meeting inclusion (No pain, Acute pain & Chronic Pain) and agreeing to participate will undergo an initial history, physical exam and ultrasound imaging assessment, with an estimated time of 90 minutes.
- Chronic LBP individuals who qualify may go on to 3 treatment sessions (30 minutes each) and 5 post-treatment re-evaluation sessions lasting approximately 90 minutes each.
- **Benefits**: While no assurances of direct benefits, some participants may see improvement in pain relief, range of motion, and general body function if in a treatment group. Participants will be helping the advancement of new diagnostic and treatment approaches for low back pain, especially for military personnel as these treatments are transferable to the battlefield.
- **Exclusion criteria:** BMI greater than 30, history of spinal surgery of more than one spinal level or less than 1 year ago, treatment for LBP (such as PT, chiropractic) in the last 90 days, pregnancy or breast feeding in the last 6 months, use of anticoagulants or muscle relaxant medications that you cannot stop.

Study location: All study encounters will occur at:
VCOM Sports and Osteopathic Medicine (VSOM)
1691 Innovation Dr., Suite 2100, Blacksburg VA, 24060

RECRUITING THRU 12/2026

VCOM
Edward Via College of Osteopathic Medicine
VIRGINIA • CAROLINAS
AUBURN • LOUISIANA

Contact Information:

If you are interested in participating, please use the QR to the right ***to schedule*** or ***for more information.*** If you have additional questions after reading that information please contact: **Albert Kozar, DO; David Risov, DO; or Nicole Fremarek, DO** at Email: **TLFstudy@gmail.com**

This research is being conducted under the direction of **Albert J Kozar DO** and **Gunnar Brolinson DO**, at the ***Edward Via College of Osteopathic Medicine***, in collaboration with **Vincent Wang, PhD**, ***Biomedical Engineering Virginia Tech Polytechnic University***. Some compensation will be provided to participants at study completion. This flyer *has been reviewed and approved by the VCOM Institutional Review Board (**VCOM IRB #2023-154**). Approved: May 13, 2025*