

A Pragmatic Rehabilitation Intervention: The Active Rehab Study

NCT05320822

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of North Carolina, Chapel Hill
Enrollment	130 participants

Key Eligibility Criteria

Inclusion (3)

- Current active duty military personnel stationed at Fort Bragg, North Carolina.
- Report to clinic/provider at Fort Bragg and available for recruitment within 2 weeks of mTBI injury date as indicated in medical record.
- Initial provider diagnosis of mTBI/concussion within 2 weeks of injury, confirmed via medical record.

Exclusion (5)

- Third mTBI/concussion in the past 12 months as indicated by the medical record and/or participant self-report.
- Symptoms clear at rest and exertion within 48 hours as indicated in medical record and or during study enrollment process.
- Moderate-Severe TBI, or TBI not meeting the criteria for mTBI as indicated by provider diagnosis.
- Polytrauma or other injuries preventing completion of initial study assessments in the 2-week window as indicated in initial screening/medical record.
- TBI, per the funding opportunity announcement is defined as: "being caused by (1) a direct blow or impact to the head, (2) a penetrating head injury, or (3) an exposure to external forces such as blast waves that disrupt the function of the brain." For the proposed study, only those meeting the VA/Department of Defense severity criteria of mild (normal structural imaging, loss of consciousness 0-30 minutes, alteration of consciousness or mental state up to 24 hours, posttraumatic amnesia up to 24 hours, and Glasgow Coma Scale of 13-15) will be targeted.

Locations (2 total)

United States Special Operations Command, Fort Liberty, North Carolina, United States
Womack Army Medical Center, Fort Liberty, North Carolina, United States