

Study title: Feasibility and Acceptability of Implementing Clinical Practice Guidelines using a Smartphone App: A Pilot Randomized Trial

Dear therapist,

We are excited to invite you to participate in this study examining the feasibility and acceptability of implementing Clinical Practice Guidelines (CPGs) for treating Distal Radius Fractures (DRF), Lateral Elbow Tendinopathy (LET), and Carpal Tunnel Syndrome (CTS). This study explores how integrating evidence-based guidelines via technology can support best practices in upper-extremity musculoskeletal rehabilitation.

Study Overview and Purpose: This pilot randomized trial will evaluate the implementation of CPG recommendations with or without a smartphone application after webinar-style education to teach the use of these CPG recommendations. Approximately 80 participants will be randomly assigned to an App + Webinar group (intervention) or a Webinar-only group (control). Additionally, a qualitative protocol will gather therapists' perceptions regarding evidence-based practices and the adoption of best practices.

Eligibility Criteria: We are seeking participants who meet all of the following criteria:

- Licensed Physical Therapists (PT) or Occupational Therapists (OT) with at least **5 years of experience** in upper extremity musculoskeletal rehabilitation.
- Currently managing patients with **CTS, DRF, or LET**.
- Holding one of the following specialty credentials: **Certified Hand Therapist (CHT)** or **Orthopedic Certified Specialist (OCS)**.
- Ability to commit to participating in the study for **6-8 months**.
- English speakers who have not implemented the target CPGs in their practice.

As part of the study, participants will be asked to complete a series of baseline assessments, engage in webinars on relevant CPGs, and be involved in follow-up measures. A subset of participants will also be selected for qualitative interviews to provide insight into current practice patterns and the adoption of best practices.

How to Participate: If you meet the eligibility criteria and are interested in participating, please contact Saurabh Mehta, PT, PhD, GCS at [email: mehtas1@etsu.edu; or Tel: +1 423-439-8784] or Kim Masker, OTD, OTR/L, CHT [email: masker@etsu.edu; or Tel: +1 423-439-7508] to express your interest and receive the full Informed Consent Document with additional details.

We believe your involvement would be invaluable to this important research and look forward to your potential participation. If you have any questions or want further details, please reach out.

Thank you for considering this opportunity to contribute to the advancement of evidence-based practices in hand therapy.

Best regards,

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