



## Current Studies

Acute Low Back Pain

Degenerative Disc Disease

Gout

Knee Osteoarthritis

Post-Surgical Nerve Pain

Ankle Osteoarthritis



**APPLY TO PARTICIPATE:**

Call 208-621-2503,  
scan the QR Code, or head to  
our website.

[www.InjuryCareResearch.com](http://www.InjuryCareResearch.com)

## Letter from the Director

Spring is in full swing, and with it comes the perfect opportunity to declutter, organize, and refresh your home with some good old-fashioned spring cleaning. While it may seem like a daunting task, spring cleaning can be a great way to get rid of the old and welcome the new, both physically and mentally.

Spring cleaning can be physically demanding, especially for those who suffer from low back pain. That's why we're here to remind you that our site is currently enrolling participants for low back pain studies. By participating in our studies, you can help advance medicine and find new ways to treat this common condition, all while receiving compensation for your time and travel.

We know that participating in a clinical study can be intimidating, but we want to assure you that our studies are conducted with the utmost care and attention to your safety and well-being. Our experienced medical professionals follow strict ethical and safety standards to ensure that our participants receive the best possible care.

If you're interested in learning more about our low back pain studies and how you can participate, please visit our current studies page on our website. There, you will find detailed information about our studies, including eligibility criteria and study requirements.

By participating in our studies, you can help make a difference in the lives of those who suffer from low back pain, both locally and globally. We invite you to join us in advancing medicine and finding new solutions to alleviate the burden of this condition.

Warm regards,  
**Victor Capetillo**

“

**Get rid of the old and welcome in the new**

”

## Did You Know?

April Fools' Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with “hunting the gowk,” in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or “kick me” signs on them.

<https://www.history.com/topics/holidays/april-fools-day>



## Awareness Month

Osteoarthritis is a condition characterized by the breakdown and eventual loss of cartilage in one or more joints. Cartilage (the connective tissue found at the end of the bones in the joints) protects and cushions the bones during movement. When cartilage deteriorates or is lost, symptoms develop that can restrict one's ability to easily perform daily activities.

As the most common form of arthritis, osteoarthritis affects millions of Americans. It is considered a wear-and-tear disease because the cartilage in the joint wears down with repeated stress and use over time. As the cartilage deteriorates and gets thinner, the bones lose their protective covering and eventually may rub together, causing pain and inflammation of the joint.

Osteoarthritis appears at various joints throughout the body, including the hands, feet, spine, hips and knees. In the foot, the disease most frequently occurs in the big toe, although it is also often found in the midfoot and ankle.

For more information and resources visit:

<https://www.foothealthfacts.org/conditions/osteoarthritis-of-the-foot-and-ankle>



## CREAMY SPRING PEAS WITH PANCETTA

From: <https://www.foodnetwork.com/recipes/food-network-kitchen/creamy-spring-peas-with-pancetta-recipe-1973270>

### INGREDIENTS:

- Kosher salt
- 2 cups shelled fresh English peas or thawed frozen peas (about 10 ounces)
- 1 pound sugar snap peas, trimmed
- 1/4 pound snow peas, trimmed and thinly sliced
- 4 ounces pancetta, chopped
- 2 tablespoons all-purpose flour
- 1 1/2 cups low-sodium chicken broth
- 1/2 cup heavy cream
- Juice of 1 lemon
- Freshly ground pepper

### DIRECTIONS:

- Bring a large pot of salted water to a boil over high heat. Fill a large bowl with ice water. If using fresh English peas, add to the boiling water and cook until tender, about 1 minute. Add the snap peas and cook until bright green, about 2 minutes, then add the snow peas and cook 30 seconds. Drain the peas and plunge into the ice water to cool.
- Cook the pancetta in a large skillet over medium heat until crisp, 8 to 10 minutes. Transfer to a paper towel-lined plate with a slotted spoon. Add the flour to the drippings in the skillet and cook, whisking, until toasted, about 1 minute. Whisk in the chicken broth and cream and cook until reduced by one-third, about 6 minutes.
- Drain the peas, shaking off the excess water, then add to the skillet (if using frozen peas, add them here). Cook, stirring, until heated through, 3 to 5 minutes. Stir in the lemon juice and season with salt and pepper. Transfer to a serving bowl and top with the pancetta.