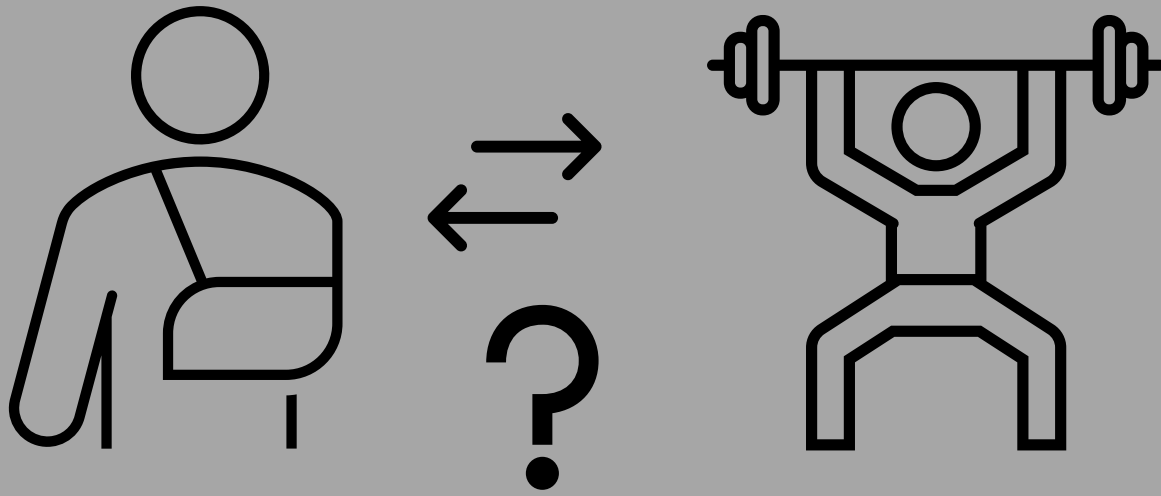


Are you interested in rehabilitation research? Strength training?

Help the Neuromuscular Physiology Laboratory within the Kinesiology Department at TCU understand how strength training influences rehabilitation outcomes!

TCU IRB# 2021-101



Requirements:

- ✓ 4 weeks wearing a sling (10h/d)
- ✓ 4 weeks strength training
- ✓ Strength and muscle size measurements throughout
- ✓ Approximately 10-11 weeks total commitment (16-24 volunteer hours)

To qualify:

- ✓ BMI between 18-35 kg/m²
- ✓ 18-35 years old
- ✓ Right hand dominant
- ✓ Willing to comply with immobilization & training requirements, & refrain from strength training outside the study
- ✓ **NO**: blood clot, thyroid, joint disorders

Risks

- ✓ Temporary loss of muscle size, strength, & range of motion
- ✓ Orthopedic injury & muscle soreness
- ✓ Minor risk of blood clots and radiation exposure



Contact **Dr. Joshua Carr** for more information



Joshua.carr@tcu.edu

Scan to email

Financial compensation (\$400) following study completion