



FEMALE VOLUNTEERS AGE 18-25 NEEDED FOR AGILITY RESEARCH STUDY AT UPC

Duration: \approx 1 Hour | \$20 Gift Card

RESEARCH OBJECTIVES:

Dexterity and Jump Tests

We seek to assess and understand the relationship between landing mechanics and neuromuscular control, or dexterity. Participants will complete three, low risk exercises lasting about 1 hour.

Clinical Significance

Correlations between dexterity and landing mechanics assessed by markerless motion capture videos may provide a widely available way to detect risk of knee injury in amateur athletes, like anterior cruciate ligament (ACL) tear.

ELIGIBLE PARTICIPANTS

Amateur Athletes

"If you have a body, you're an athlete."

Bill Bowerman - Nike Founder

To participate, you should. . .

- be a female ages 18-25
- exercise no more than 4 hours per week
- have no history of knee injuries
- have no current back, hip, knee or ankle pain



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valerolab.org

Click **this link** or scan the
QR for an Interest Form!

