PARTICIPANTS NEEDED

For Study Regarding the Influence of Muscle Fatigue on Learning a Spine Sparing Lifting Technique

- Healthy participants with no history of:
  - Back or lower limb injury or pain, skin sensitivities, musculoskeletal or neurological disorders
- 18-35 years of age, male and female
- Two testing sessions (~4 hours total time commitment)
- You will be required to complete:
  - General health history questionnaires
  - Motor movement tests
    - Spine/pelvic and leg range of motion tests, repeated lifting tests
  - Back muscle fatiguing protocol
    - Repeatedly bending your back against gravity to induce muscle fatigue
  - Spine sparing lift training protocol
    - Lifting movements with cueing and feedback about lift performance

The researchers wish to be inclusive in their recruitment process. This project requires:
- Interaction one on one with a male technician/researcher
- Comfortable being shirtless (males)
- Comfortable being shirtless in a sports bra (females)
- Being comfortable having sensors affixed to the skin
- Possible shaving of small sections on the back and leg

If for any reason you feel uncomfortable taking part, please contact Dennis Larson or Dr. Stephen Brown to discuss possible modifications to the procedure to address your concerns

This project has been reviewed by the Research Ethics Board for compliance with federal guidelines for research involving human participants (REB# 19-07-029).