

Runners and lifters, we want you !



We need:

Athletes who run as a primary mode of training



We need:

Athletes who strength train as a primary mode of training



Respond to our survey and we will contact you!

Why?

We are seeking physically active participants, 18 – 35 years old, to participate in a study to understand how long term training (running vs strength training) may influence muscle control strategies in the thigh and calf muscles

What is involved?

Sensors will record muscle activity during 4 voluntary tasks:

- 1) Isometric knee extension
- 2) Single leg squat
- 3) Isometric plantarflexion
- 4) Heel raise



When and where?

Session length: 2-3 hours

Location: Motor control and pain research laboratory in the Otto Hirschfield building (UQ building 81, room 307)

You will be remunerated with a \$30 gift voucher.

For more information or to participate please scan the QR code or contact,

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