

DO YOU HAVE PAIN IN THE FRONT PART OF YOUR KNEE?

We Need Your Help in Studying this Common Injury!!

You can participate if you:

- Men or women, ages 18 to 40, whose pain is worse with activity, climbing stairs, sitting for a long time, or squatting.
- No injury to the low back, hips, or legs in the last 6 months; Never had surgery to the knee joint
- Moderately active (~30+ minutes per day, most days of the week)
 - Activities must include running (i.e. soccer, basketball, etc)

What Would I Have To Do?

- Testing Session #1 (1.5 hours):
 - Questionnaires & measure the endurance of your hip and core muscles
- Testing Session #2 (2-3 hours):
 - Measure the strength of your hip and core muscles
 - Record the motions of your body during running
 - Run on a treadmill until exhausted
- Testing Session #2 (2-3 hours):
 - Measure the strength of your hip and core muscles
 - Record the motions of your body during running & squatting
 - Experimental protocols to see how changes in pain affects the above measures



You will be compensated with \$60 in gift cards for your time.

If you are interested, please contact: **David Bazett-Jones, M.S., ATC @ 414-229-5147 or bazettj2@uwm.edu**

This research project has been approved by the University of Wisconsin-Milwaukee Institutional Review Board for the Protection of Human Subjects (IRB Protocol Number 11.182 approved on 1-27-2011)

ARE YOU ACTIVE & HEALTHY?

We Need Pain-Free Individuals for a Study of Knee Pain!

You can participate if you:

- Are between 18 to 40 years
- Moderately active (~30+ min/per day, most days of the week), including running activities (i.e. soccer, basketball, etc)
- Have NO pain currently in your legs, hips or low back.
- Haven't had an injury to the low back, hips, or legs in the last 6 months
- Have never had surgery to the knee joint

What Would I Have To Do?

- Testing Session #1 (1.5 hours):
 - Fill out questionnaires
 - Measure the endurance of your hip and core muscles
- Testing Session #2 (2-3 hours):
 - Measure the strength of your hip and core muscles
 - Record the motions of your body during running
 - Run on a treadmill until exhausted
 - Again perform measures of strength and motions

You will be compensated with \$30 in gift cards for your time.

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