

PARTICIPANTS NEEDED!

The neuromuscular physiology lab at the College of Kinesiology is looking for volunteers ages 18 and up to take part in a research study titled:

The effect of low-level muscle stimulation on measures of muscle activation and strength.

If you are **18 years of age or older with no known history of heart conditions, neurological conditions, or major neuromuscular injuries to one or both legs**, then you may be eligible to participate. Those who:

- Have prior experience with TENS therapy
- Previously participated in research studies that involved maximal effort strength tests of each of your limbs.
- Are a current or past student, faculty or staff in the College of Kinesiology or School of Rehabilitation Sciences at the University of Saskatchewan.
- Are current or past Physiotherapist, Occupational therapist, or other rehabilitation specialist.

are not eligible to participate in the study.

The study will take **around 2.5 hours** across two sessions and will be conducted at the **Physical Activity Complex (PAC) in room PAC 353**. Participants in the study will receive low-level electrical stimulation to their quadricep muscles followed strength testing for each of the legs.

If you are interested in participating or have questions regarding the study please contact the student researcher or the principal investigator listed below:

Principal Investigator
Dr. Jonathan Farthing
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