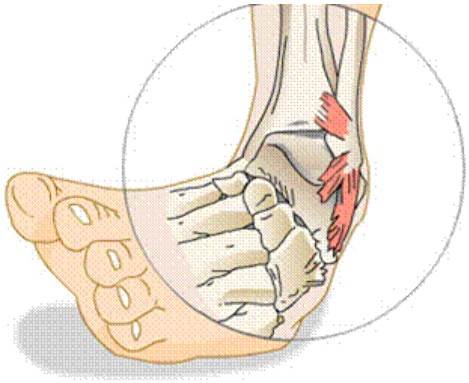
OLD DOMINION
UNIVERSITY

Research Subjects Needed

We are seeking middle-aged volunteers with and without previous ankle sprains for a research study.

PURPOSE OF STUDY



The purpose of this study is to compare ankle joint health, balance, ankle range of motion, and physical activity levels in middle-aged adults with and without chronic ankle instability (CAI). By studying these differences, we aim to improve assessment and treatment approaches for individuals with CAI.

WHAT DO I HAVE TO DO?

If you qualify and decide to participate, you will be asked to:

- Attend a single laboratory testing session, which includes answering a few questionnaires, balance assessments, taking pictures from your ankle using Ultrasound, and ankle range of motion measurements.
- Wear an activity monitor (like a fitness tracker) for one week to measure your daily physical activity.

YOU MIGHT QUALIFY IF YOU:

- Are between **40-59** years old
- NO head or lower body injury in the past 3 months
- NO previous lower body fracture or surgery

- By completing all the study procedures, you will receive 20$ check for your time and effort.

If you are interested or for more information, please contact:

Dr. Ryan McCann at rmccann@odu.edu

Ankle Instability Study Ryan McCann, PhD, ATC, CSCS rmccann@odu.edu	*Ankle Instability Study Ryan McCann, PhD, ATC, CSCS rmccann@odu.edu*	*Ankle Instability Study Ryan McCann, PhD, ATC, CSCS rmccann@odu.edu*	*Ankle Instability Study Ryan McCann, PhD, ATC, CSCS rmccann@odu.edu*	*Ankle Instability Study Ryan McCann, PhD, ATC, CSCS rmccann@odu.edu*	*Ankle Instability Study Ryan McCann, PhD, ATC, CSCS rmccann@odu.edu*	*Ankle Instability Study Ryan McCann, PhD, ATC, CSCS rmccann@odu.edu*	*Ankle Instability Study Ryan McCann, PhD, ATC, CSCS rmccann@odu.edu*	*Ankle Instability Study Ryan McCann, PhD, ATC, CSCS rmccann@odu.edu*	*Ankle Instability Study Ryan McCann, PhD, ATC, CSCS rmccann@odu.edu*	*Ankle Instability Study Ryan McCann, PhD, ATC, CSCS rmccann@odu.edu*	*Ankle Instability Study Ryan McCann, PhD, ATC, CSCS rmccann@odu.edu*	*Ankle Instability Study Ryan McCann, PhD, ATC, CSCS rmccann@odu.edu*	*Ankle Instability Study Ryan McCann, PhD, ATC, CSCS rmccann@odu.edu*	*Ankle Instability Study Ryan McCann, PhD, ATC, CSCS rmccann@odu.edu*