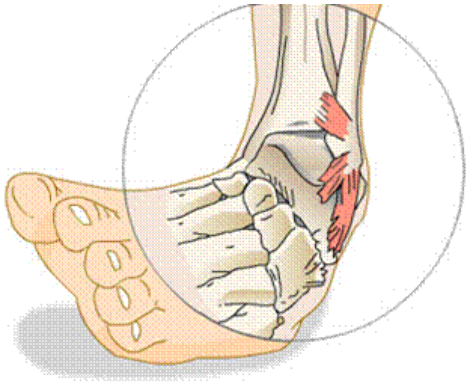
MACON & JOAN BROCK
VIRGINIA HEALTH SCIENCES
AT OLD DOMINION UNIVERSITY

Research Subjects Needed

We are seeking adult volunteers with and without previous ankle sprains for a research study.

PURPOSE OF STUDY



The purpose of this study is to investigate the effects of aging and chronic ankle instability (CAI) on ankle health, physical activity, and physical function. 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 complete data collection sessions at 3 time points: baseline, 4-weeks, and 1-year. Each time point will involve a 2.5-hour data collection session that include the following:

- Tests of ankle joint health, balance, strength, walking gait, and reaction time
- Surveys of perceived function and injury-related fear
- Activity monitoring (using a wearable fitness tracker) for one week to measure your daily physical activity.

YOU MIGHT QUALIFY IF YOU:

- Are between **20-79** years old
- NO lower extremity, spine, or neurovascular disorders in the past 6 months
- NO previous lower body fracture or surgery
- NO previous balance or vestibular disorders

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

Dr. Ryan McCann at rmccann@odu.edu

Advertising has been approved by the VHS IRB# 25-06-FB-0135

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