Please note that the projects below are listed in numerical order based on IRB number. There is overlap in the theme of research, principal investigator, and study population. Please review each for a complete understanding of what you may be eligible for.

**Lower Extremity Assessment Protocol (IRB #201820)**

Seeking: Active men and women, ages 15-45, with a history of knee injury and/or surgery (e.g. anterior cruciate ligament (ACL), meniscus, knee pain, arthritis).

Purpose: To compare measures of lower extremity function (strength, balance, movement patterns) following injury and/or surgery.

Procedures: This study involves several tests to determine how well your lower extremity muscles function. A minimum of 1 study visit is required that lasts about 1-1.5 hours.

Payment: Participants who wish to complete several optional tests that assess muscle activity during movement may be eligible for a $20 Amazon gift card.

Contact: Grant Norte, PhD, AT, ATC, CSCS    David Sherman, PT, DPT, AT, ATC
Grant.Norte@utoledo.edu   David.Sherman2@rockets.utoledo.edu
Office: 419-530-5305

**Human Movement Study (IRB #201980)**

Seeking: Healthy, active men and women, ages 18-30.

Purpose: To evaluate three different methods that measure how people move during functional tasks.

Procedures: This study involves several tests to determine how well you move during walking, jumping, and squatting tasks. 2 study visits are required, each lasting about 1.5 hours.

Payment: None.

Contact: Amanda Murray, PhD, PT, DPT    Neal Glaviano, PhD, AT, ATC
Amanda.Murray2@utoledo.edu   Neal.Glaviano@utoledo.edu
Office: 419-530-6673    Office: 419-530-4501

**Muscle Function after Lower Extremity Injury (IRB #202146)**

Seeking: Active men and women, ages 18-45, with a history of knee injury and/or surgery (e.g. anterior cruciate ligament (ACL), meniscus, knee pain, arthritis).

Purpose: To examine thigh muscle function following injury and/or surgery to better determine how to improve muscle function and patient outcomes after knee injuries.

Procedures: This study involves several tests to determine how well your muscles function. A minimum of 1 study visit is required that lasts about 1 hour.

Payment: None.

Contact: Grant Norte, PhD, AT, ATC, CSCS    David Sherman, PT, DPT, AT, ATC
Grant.Norte@utoledo.edu   David.Sherman2@rockets.utoledo.edu
Office: 419-530-5305
Upper Extremity Muscle Activation and Neuromuscular Control (IRB #202349)

Seeking: Males and females, ages 15-45, who have recently experienced a shoulder injury (dislocation, subluxation, or labrum tear), and healthy individuals.

Purpose: To assess (1) differences in neuromuscular control between those who received surgical intervention for the shoulder labrum tear and individuals with no history of shoulder injury or surgery, and (2) changes before surgery, shortly after surgery, and after clearance for normal activities.

Procedures: This study involves several tests to evaluate your shoulder muscles function. Three (3) separate study visits are required that last about 90 minutes.

Payment: None.

Contact: Katsumi (Kats) Takeno, MS, AT, ATC, CSCS
Katsumi.Takeno@rockets.utoledo.edu

Physical Activity with Anterior Knee Pain (IRB #202446)

Seeking: Men and women, ages 18-35, with a history of anterior knee pain, often called kneecap pain or patellofemoral pain.

Purpose: To determine the influence of anterior knee pain on physical activity and self-reported function.

Procedures: This study will require an interview asking about your kneecap pain, physical activity, and how much you think about your knee pain. You will then be provided an activity monitor to wear on your wrist for two weeks. The device is the same size as a watch, and will track your steps per day. After two weeks, you will return the activity monitor.

Payment: Participants will be compensated with a $20 Amazon gift card at the completion of the required study visit(s).

Contact: Neal Glaviano, PhD, AT, ATC
Neal.Glaviano@utoledo.edu
Office: 419-530-4501

Nordic Hamstring Exercise to Improve Hamstrings Function after ACL Surgery (IRB #202737)

Seeking: Active men and women, ages 18-45, with a history of ACL surgery and healthy individuals.

Purpose: To investigate thigh muscle function following a 4-week hamstrings eccentric exercise protocol to better determine how to improve muscle function and patient outcomes after ACL injury.

Procedures: This study involves several tests to determine how well your thigh muscles function. Between 1 and 12 study visits are required, lasting about 30-90 minutes.

Payment: Participants will be compensated with an Amazon gift card ($25-100) at the completion of the required study visit(s).

Contact: Grant Norte, PhD, AT, ATC, CSCS
Grant.Norte@utoledo.edu
Office: 419-530-5305

David Sherman, PT, DPT, AT, ATC
David.Sherman2@rockets.utoledo.edu
Office: 419-530-5305
**Muscle Activity During Running (IRB #202794)**

Seeking: Healthy, recreationally active male and female runners, ages 18-39, who run an average of 15-miles per week.

Purpose: To investigate how different running tasks may change lower leg muscle activity.

Procedures: This study involves placing small sensors on your leg muscles to measure how your muscles work when running. Only 1 study visit is required, lasting about 2 hours.

Payment: Participants will be compensated with a $20 Amazon gift card at the completion of the required study visit.

Contact: Allison Frymier, AT, ATC  Neal Glaviano, PhD, AT, ATC
Allison.Frymier@rockets.utoledo.edu  Neal.Glaviano@utoledo.edu
Office: 419-530-4501

**Forearm Muscle Activity During a Simulated Throwing Motion (IRB #202795)**

Seeking: Healthy, active men, ages 18-30, who have participated in an overhead sport (e.g. baseball, volleyball, tennis).

Purpose: To investigate the muscle and nerve response of the forearm muscles when the elbow is placed at different levels of stretch. This will allow for a better understanding of the normal neuromuscular response to throwing in healthy individuals.

Procedures: This study involves a test to determine the muscle and nerve response of one of your forearm muscles. Only 1 study visit is required, lasting about 1 hour.

Payment: None.

Contact: Emily Loew, AT, ATC  Grant Norte, PhD, AT, ATC, CSCS
Emily.Loew@rockets.utoledo.edu  Grant.Norte@utoledo.edu
Office: 419-530-5305

**Influence of Hamstrings Strength on Muscle Activity During Functional Tasks (IRB #202796)**

Seeking: Healthy, active women, ages 18-35, with no previous history of lower extremity injuries.

Purpose: To investigate how efficiently your thigh muscles work together while completing walking and jumping tasks, and to learn more about the load being placed on your knee joint.

Procedures: This study involves walking, jogging, landing, and jumping tasks to determine how efficiently your thigh muscles work together during functional movement. One study visit is required, lasting about 1 hour.

Payment: None.

Contact: Meghan Gregoire, AT, ATC  Grant Norte, PhD, AT, ATC, CSCS
Meghan.Gregoire@rockets.utoledo.edu  Grant.Norte@utoledo.edu
Office: 419-530-5305
Influence of Knee Joint Cooling on Thigh Neuromuscular Function (IRB #202797)

Seeking: Active men and women, ages 18-40, with a history of knee joint injury and/or surgery (e.g. anterior cruciate ligament (ACL), meniscus, knee pain, arthritis).

Purpose: To investigate thigh muscle function following ice application to better determine how to improve muscle function after knee joint injuries.

Procedures: This study involves several tests to determine how well your thigh muscles function before and after a short period of ice application to the knee. Only 1 study visit is required, lasting about 2 hours.

Payment: Participants will be compensated with a $15 Amazon gift card at the completion of the required study visit.

Contact: Clayton Westdorp, AT, ATC  Grant Norte, PhD, AT, ATC, CSCS
Clayton.Westdorp@rockets.utoledo.edu  Grant.Norte@utoledo.edu
Office: 419-530-5305

Location: Participation in each study will take place in the Motion Analysis & Integrative Neurophysiology (MAIN) Laboratory. The MAIN Lab is located on the UT main campus in the Health and Human Services Building, Room 1412.

Parking: Free parking is available in the S4 lot directly in front of the Health and Human Services Building. Please provide the following information about your vehicle before arriving: make/model, year, color, license plate number.

Social Media: Follow the MAIN Lab on Twitter @UToledo_MAINLab