



UNIVERSITY of GUELPH



VOLUNTEERS NEEDED

“Short-term changes to coordination variability during squats”

Control group

- At least 18 years of age.
- Good general health.
- No history of low back pain or leg pain requiring treatment in the last 6 months.

Low back pain group

- At least 18 years of age.
- Good general health.
- Subacute/chronic low back pain (lasting > 6 weeks or recurrent episodes in the past year).
- No current leg pain/numbness/tingling below the knee.

You will be required to complete:

- Health History and Demographics Questionnaire.
- Oswestry Low Back Pain Disability Questionnaire (Low back pain group).
- A short dynamic warm-up.
- 3 sets of 15 squats, with breaks after each set (In total: 45 squats).
- One testing session, approximately 1-hour time commitment.

The researchers wish to be inclusive in the recruitment process. This project requires:

- Interaction with a female technician/researcher.
- Being comfortable shirtless or in a backless shirt/sports bra and tight-fitting pants/shorts.
- Being comfortable having medical sensors taped to the skin.



To participate in the study, please contact:

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If you have any concerns about taking part in the study, please contact [Cathrine Hjelle Feier \(cfeier@uoguelph.ca\)](mailto:cfeier@uoguelph.ca) to discuss potential modifications to the procedure.