



Anatomy Department,
Watts Building,
Trinity College Dublin,
Dublin 2

Dear staff,

My name is Caitriona Lee. I am registered doctor currently studying for an MSc in Sports and Exercise Medicine at Trinity College Dublin. I am undertaking a research project involving both athletic and non-athletic groups, under the supervision of Mr. Bernard Donne, in which I will be assessing postural stability in a laboratory setting. The aim of my study is to compare balance between active and retired athletes with age matched control groups. Balance is a well-recognised component in athletic training to enhance performance and to protect against injury. It is unclear whether this development is preserved with age.

Prior to testing, each participant will undergo a medical questionnaire by myself, a qualified medical professional, to confirm suitability for the study. The research study will involve one visit to the laboratory for testing of postural stability using an electronic balance platform and a series of simple balance tests. Each participant will carry out numerous static and dynamic exercises. This is a short non-intensive assessment. Participants will be provided with their results of their assessment.

I would very much appreciate if you could pass this information on to any members of your organisation aged between **18-35 yr and above the age of 50 yr male or female**, who you think may be interested in participating in this proposed study. Please see the attached recruitment poster and participant information leaflet for full study details. If you have any questions, please feel free to contact me directly by email at clee5@tcd.ie or by phone (085)1431153.

Kind Regards,

Dr Caitriona Lee

MB BCh BAO

MSc in Sports and Exercise Medicine post-graduate student Trinity College Dublin