



## We are seeking Participants for a Research Study



A comparison of balance between active and retired athletes and age matched control groups.

### Who are we looking for?

Level of activity	Age (yr)
1. Trained high level athlete in a weight-bearing sport	18 - 35
2. Low physical activity lifestyle	18 - 35
3. Retired athlete in competitive weight-bearing sport	Above 50
4. Low physical activity lifestyle	Above 50

### What will you have to do?

You will be required to participate in one visit to the Exercise Laboratory within the Anatomy Department, Level 2, Watts Building, Trinity College Dublin for assessment of your balance. Your stability will be tested using an electronic balance platform while you carry out basic static and dynamic exercises on the platform.

### How will you benefit?

You will receive a formal report of your highly regulated individual balance assessment. This will allow you to be aware of your postural stability and identify potential instability that may predispose you to injury or falls. This would indicate if you may benefit from balance training in the future. There is no cost for participation in this program; testing is free.

### Who do I contact?

Further information can be obtained by contacting Caitriona Lee [clee5@tcd.ie](mailto:clee5@tcd.ie) or (085)1431153.