

## **VOLUNTEERS NEEDED FOR A KNEE RESEARCH STUDY**

### **‘Modifiable Factors that Compound Risk for Osteoarthritis’**

Do you have a **HEALTHY KNEE** or have you had a sports-related **KNEE INJURY** in the 3 months?

**Are you between the ages of 11-19 years?**

If so, you are invited to participate in a study to determine the development of risk factors for early onset of osteoarthritis following a knee injury.

#### **What would you have to do?**

- Attend a 90-minute appointment at the Glen Sather Sports Medicine Clinic every six months for 3 years.
- The evaluations consist of:
  - Questionnaires,
  - A body composition scan
  - Wearing an activity monitor for 7 days
  - Completing at 3 day food intake
  - Functional assessments (strength, balance and function)



**You will be contributing valuable knowledge that will be used to develop knee injury prevention and rehabilitation strategies.**

For more information please contact: Jackie Whittaker or Knee Study Research Coordinator at [kneestdy@ualberta.ca](mailto:kneestdy@ualberta.ca) or scan this QR code

