



Do you have a history of ankle sprains?

Researchers at the University of Kentucky are inviting you to participate in an ankle rehabilitation study. The purpose of this research study is to examine the effects of rehabilitation on short and long-term outcomes for people with chronic ankle instability. Participants will be compensated \$50 for each follow up session, \$200 over a 2 year period.

You may be eligible to participate if you:

- Are 18 - 44 years old
- Have chronic ankle instability
- Have NOT been diagnosed with any kind of neurological, vestibular, respiratory, or heart disorders.
- Have NOT sustained an ankle sprain in the previous 4 weeks
- Are NOT pregnant



**For more information,
scan QR code or contact**

**Matt Hoch
ankle.research@uky.edu
859-323-1100**