

UNIVERSITY OF KENTUCKY RESEARCH



Are you a healthy adult between 18-45?

Researchers at the University of Kentucky are inviting you to participate in a study investigating the muscular activation levels and shoulder joint forces placed on the shoulder during specific pull-up and push-up exercises.

This is a one-time session lasting approximately three hours. Participants will put on reflective markers and electrodes, and then will be asked to complete nine push-up and pull-up exercises.

Participants will be reimbursed for their time.

You may be eligible to participate if you:

- Are between 18-45 years old
- Have no upper extremity injury or surgery in the past 2 years
- Can complete 5 pull-ups and 5 push-ups

For more information, contact:

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For more information on research studies see: www.UKclinicalresearch.com