



BIOMECHANICS RESEARCH STUDY

# Volunteers Needed

## 'Variability of Movement on an Altered Inertial Dynamics Task'

You may be eligible to participate in this study if:

You are over the age of 65

You can walk without an assistive device for up to 30 minutes

### You will be asked to...

...undertake a novel over-ground walking task for 30 minutes, three times per week for six weeks under supervision. You will also be asked to come to the Biomechanics Research Building for gait assessment before and after this period, and six weeks later.



### What are the possible benefits?

Results of this study may determine whether this novel activity can **reduce the risk of falls**.

### For more information, please contact

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