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 or scan this QR code