PARTICIPANTS NEEDED FOR PELVIC FLOOR RESEARCH IN WEIGHT LIFTERS

PELVIC FLOOR & WEIGHT LIFTING ULTRASOUND IMAGING STUDY

We are conducting a study to determine the reliability of transperineal ultrasound imaging to assess pelvic floor function during dynamic, loaded weight lifting tasks

What's involved:

1. Online questionnaire (20minutes)
2. One 2 hour lab session using transperineal ultrasound during loaded barbell deadlift and barbell back squat

Who can participate:

- Females or those with vaginas who are 18 years of age or older
- Able to safely perform a barbell back squat lifting ≥80% of body weight or more
- Able to communicate in English
- Not currently pregnant or within 12 months postpartum
- No history of urogenital surgery (eg. prolapse surgery or sling procedures)
- No prolapse more than stage 2 (eg. bulging beyond the vaginal opening)
- No current pelvic, hip or low back injuries that limits lifting
- No medical conditions that prevent safe lifting

INTERESTED? COMPLETE THE PRE-SCREENING SURVEY OR CONTACT US!

STUDY LOCATIONS:
Ottawa, ON
Greater Vancouver Area, BC

Receive a Lululemon headband or pair of socks for your participation !

FRIST COME, FIRST SERVED!

For More Information

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613-562-5800 ext 4102

www.mfmlab.ca **@mfmlab**

The Motor Function & Measurement lab (MFM Lab)

Principal Investigator Dr. Linda McLean,
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This study was approved by the University at Ottawa Research Ethics Board