

Principal Investigator: Kristi B. Adamo, PhD

Volunteers Needed!

ADDRESSING SEX-DISPARITIES IN MUSCULOSKELETAL INJURIES IN INDIVIDUALS WHO ARE PHYSICALLY ACTIVE AND IN PHYSICALLY DEMANDING OCCUPATIONS

What is the study about?

This project was developed to identify and increase our understanding of why women experience higher rates of overuse MSI in physically demanding occupations and sports, and subsequently DEVELOP strategies to mitigate these risks. We hope that through the review of the survey data we can work to develop IMPROVED STRATEGIES that should result in POSITIVE CHANGES in injury rate while up-holding gender-free fitness standards.

Who can participate?

- We are looking for **both women and men** who are or were in physically demanding occupations like MEMBERS OF UNIFORMED SERVICES (e.g., CBSA, Coast Guard, Law Enforcement, First Responders, Fire Fighters) and PHYSICALLY ACTIVE PEOPLE who take part in individual combat sports or team sports (e.g., hockey, football, soccer, basketball) on a regular basis
- Between the ages of 18-55 years

What is involved?

Volunteers are required to fill out an online survey. The maximum amount of time required is estimated at thirty (30) minutes.

This research project has been reviewed and received approval by the Research Ethics Boards at the University of Ottawa (file number H-04-19-3442). For more information about this study please contact:

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