

Research study:

Up Squat Sit-to-Stand Training

The Sit-to-Stand chair test has been used to identify individual mobility. Individuals unable to perform well on the Sit-to-Stand chair test have a reduced life expectancy due to insufficient mobility.

This study aims to find out if training on the Up Squat improves Sit-to-Stand performance while also correcting a hip imbalance. This study asks you to complete a body weight squat for electronic movement analysis to determine if a hip imbalance exists. A hip imbalance will not preclude you from participation. Next, a belt will be secured around your waist from which a string from a tethered timing system will be attached. You will then complete a five repetition Sit-to-Stand test. Following, you will be trained on the Up Squat. At which time you will complete two sets of ten repetitions. You will be allowed to practice prior to testing.

Training will continue on the Up Squat twice a week for four weeks. Initial testing will take approximately ten minutes to complete. Individual training sessions will be completed in less than five minutes.

You are eligible to participate in this research if you are at least 18 years old, and free from any lower body injury that may preclude squat ability.

If you would like to participate in this research, please contact Dr. Tom Nesser by email: tom.nesser@indstate.edu or phone: 812-237-2901

