



UNIVERSITY OF MINNESOTA  
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## University of Minnesota Retirees Volunteer Center

### **VOLUNTEER OPPORTUNITY**

## **Volunteers needed for Ankle Position Sense and Balance Study**

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The Human Sensorimotor Control (HSC) Laboratory aims to explore and explain how the brain controls movement. The purpose of this study is to understand the relation between ankle position sense and balance in older and younger healthy adults who are not active in their daily routine lives. The study will be conducted using an ankle position sense assessment system, two shoes' insoles containing sensors and one tilting balance board for balance assessment.

#### **Details of volunteer duties:**

Volunteers will be asked to do the following:

- Inform researchers of their demographic information and footedness (stronger leg)
- Complete the Montreal Cognitive Assessment.
- Fill out a questionnaire describing physical activity levels.

During the ankle position assessment, volunteers will have two Electromyography sensors placed over the muscles on both the front and back of the thigh. Researchers will ask volunteers to perform a variety of tasks such as rotating the foot, closing the eyes and then rotating the ankle to test ankle movement and cognitive perception.

During the balance tasks, volunteers will wear the Pedar-X system's insole sensors placed inside of the shoes. Volunteers will perform tasks such as standing on a balance board and tilting back and forth. Experimenters will be present to ensure safety.

#### **Dates, Times, and Location:**

- Dates will be mutually arranged between volunteers and the research study coordinator.
- Time: This is a one-day study. Times are flexible and can be arranged based on the participant's availability. The whole study will take approximately 90-120 minutes.
- The HSC Lab is in 400 Cooke Hall: 1900 University Ave SE Minneapolis, 55455

- **Volunteer Eligibility and Training Requirements:**

Participants will be *included* if they are:

- Between the ages of 18-30 or older than 65.
- Not physically active i.e. such as attending the gym, doing yoga, boxing, etc. more than once during the week. \*The Goldin Shepherd questionnaire will be used to ensure that volunteers are within the range of activity required for the study.

Participants are *not eligible* if they have any of the following characteristics during the last 6 months:

- History of lower body surgery or fractures within the last 6 months
- Neurological disorders or have had a stroke.
- Joint replacement of any part of the leg
- Score of the cognitive test below 26

**Physical expectations/limitations:** Volunteers will need to be able to stand and maintain their balance independently.

**What to wear:** Volunteers should wear shorts or pants that can be rolled above the knee. During the ankle proprioceptive assessments, volunteers will be asked to take their shoes off for testing but may keep their socks on. Sneakers and comfortable clothes are recommended.

**Parking/Transportation:** Public parking is available. The closest parking ramp is the University Avenue Ramp located at 1926 University Ave SE Minneapolis, MN 55455.

**Volunteer Compensation:** Volunteers will be paid \$20 for their time by Clincards. More information will be provided by researchers.

*\*Please indicate at registration whether you are a URVC/UMRA volunteer.*

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**Deadline for volunteer application: March 31, 2024**

**To register for this activity**

Contact the study coordinator,  
Farina Mirbagheri, by email at  
[mirba006@umn.edu](mailto:mirba006@umn.edu).

**You may also contact the University Retirees  
Volunteer Center,  
by email (preferred) at [URVC@UMN.EDU](mailto:URVC@UMN.EDU)  
or by phone at 612-625-8016**

**WANT TO LEARN MORE?**

For more information on available volunteer opportunities, contact the URVC Office at [urvc@umn.edu](mailto:urvc@umn.edu) or 612-625-8016