

# PARTICIPANTS NEEDED FOR A RESEARCH STUDY!

ARE YOU A **HEALTHY ADULT?**  
**JOIN OUR STUDY ON RESPIRATORY  
MUSCLE FUNCTION!**



**Study Title:** Extra-Diaphragmatic Respiratory Muscles' Structure and Contractile Activity in Healthy Subject



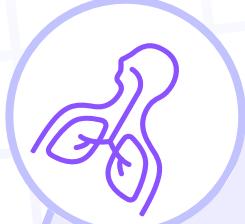
**Location:** Health Sciences Centre, Winnipeg

**Time Commitment:** 1-hour, single visit



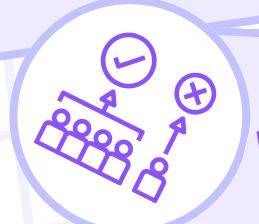
## What's Involved?

Non-invasive tests (muscle ultrasound, lung function, fitness assessment). Short questionnaires on daily activities and quality of life.



## Why Participate?

- ✓ Contribute to **important research** on breathing muscles
- ✓ Receive **feedback on your muscle strength and lung function** if desired
- ✓ Help **advance knowledge** in rehabilitation and respiratory sciences



## Who Cannot Participate?

- ✗ Current smoking
- ✗ History of cardiopulmonary or cancer-related diseases
- ✗ Neuromuscular disorders or cognitive impairments that may affect test performance
- ✗ History of thoracic or abdominal surgery, trauma, or deformities
- ✗ Current pregnancy



## Interested? Contact us!

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## Help Us Spread the Word!

Share this with your colleagues, friends, and classmates.

