

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.