

# The Influence of Age and Physical Activity on the Control of Mediolateral Dynamic Stability during Walking

**Who:** Individuals who are highly active (runners) as well as inactive individuals between the ages of 18-30 and above the ages of 65.

**What:** 1. You will be screened for age, falls during normal activities, head injuries, medication use, and also fill out a physical activity questionnaire to ensure that individuals meet the study's criteria. This can be sent via email before the first meeting.

2.1. At the time of the study, reflective markers will be placed over anatomical landmarks.

2.2. You will be asked to perform two walking conditions: normal walking speed, and 'as fast as possible' without running.

**Why:** We are doing this study to get a better understanding of how ageing and physical activity influence side-to-side stability during walking. The ultimate goal of this work is to reduce the incidence of falls among older adults and other populations at risk of falling.

**Where:** Biomechanics Lab on Fort Garry Campus (179B Extended Education building).

**When:** At a time most convenient for you and your family during the week or on weekends.

**How:** Contact **Yash Rawal** at **(204) 887-2955**, or **rawalyr@myumanitoba.ca** for more information.

This research is being conducted by Yash Rawal, a student at the U of M under the guidance of Dr. Jonathan Singer from the Faculty of Kinesiology. Results will be disseminated through a thesis. This research has been approved by the Education and Nursing Research Ethics Board. If you have any concerns or complaints about this project you may contact any of the above-named persons or the Human Ethics Coordinator (HEC) at 474-7122.

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