



PARTICIPANTS NEEDED FOR PHYSICAL THERAPY RESEARCH STUDY

Are you interested?

We are investigating quadriceps muscle activity during exercise with two methods of Blood Flow Restriction compared to traditional strength training in healthy adults and need your help! Blood Flow Restriction has been shown to be an effective rehabilitative training method and research is necessary to better understand the effectiveness of devices currently on the market.

YOU can contribute to fill this gap! Contact us today!

DPT Doctor of
Physical Therapy
SAN DIEGO STATE UNIVERSITY

**MALE AND FEMALE
ADULTS, AGE 19-30**

**MUST HAVE
1 YEAR RESISTANCE
TRAINING
EXPERIENCE**

**MUST NOT HAVE
HAD LEG OR BACK
INJURY OR
SURGERY**

**TESTING TAKES
PLACE ON CAMPUS
AND REQUIRES
THREE 30 MINUTE
SESSIONS**

CONTACT US

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**Email or call to set up an
appointment!**