

## VOLUNTEERS REQUIRED!

Monash University are currently looking for Female volunteers aged between 18 and 65 years of age to participate in a research project to see if posture and body shape affect if some women have shoulder and/or neck pain.

Participants will be asked to attend one assessment session at a Monash University site for approximately one hour where various measures will be taken. These measures include a posture analysis, questionnaire regarding current shoulder pain, current bra usage and fitting, shoulder range of motion and muscle activation (measured by surface electromyography, a pain free small portable device which will be placed on 5 key muscles on the neck, shoulder and back to allow measures to be recorded).

To be eligible to volunteer, participants must be female between the ages and 65 years and cannot be:

Pregnant, breast feeding or have breast feed in the last six months;

Have a musculoskeletal or nervous system conditions that could affect your posture; or

Have an acute shoulder, neck or back injury in the last 3 months.

All participants will be given a Movie ticket voucher at the commencement of the study as compensation for your time and willingness to participate.

For more information please contact:

Kelly-Ann Bowles: [kelly-ann.bowles@monash.edu](mailto:kelly-ann.bowles@monash.edu) 0425261585

Megan Jepson: [megan.jepson@monash.edu](mailto:megan.jepson@monash.edu) 0448351710

