

ACL INJURY?

Take part in a research opportunity with the School of Kinesiology and Health Studies:

NUTRITIONAL ATTENUATION OF SKELETAL MUSCLE LOSS FOLLOWING ARTHROSCOPIC KNEE SURGERY

WHO: Adults (18-40 years) with a recent ACL injury requiring reconstruction surgery.

WHAT: Researchers investigating the effect of nutrition to prevent skeletal muscle loss.

REQUIRED: ~15-25 hrs across 6 months

- Daily consumption of protein and fish oil supplements for 6 weeks
- 2 lower body MRI scans
- Blood, saliva and optional muscle samples
- Treadmill walking and light exercise
- Activity tracking with wearable devices

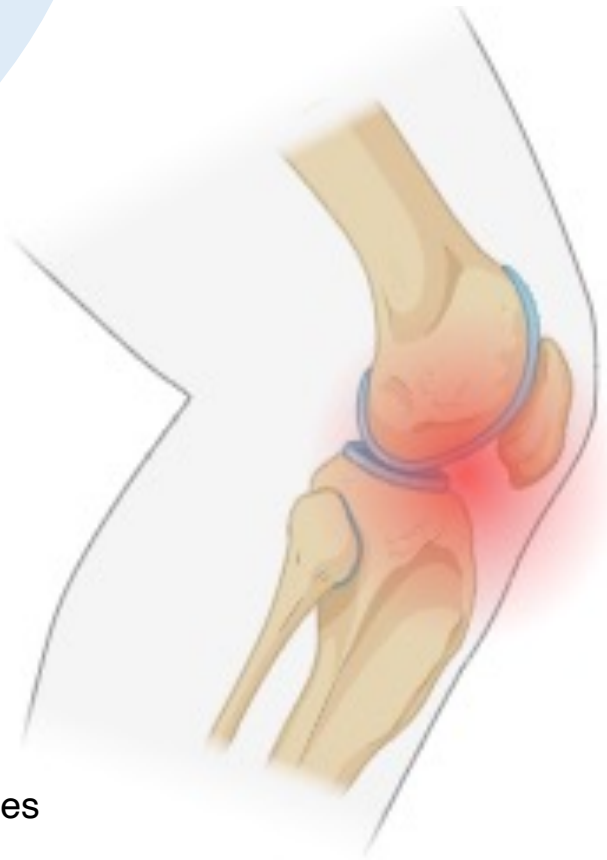
COMPENSATION: up to \$400



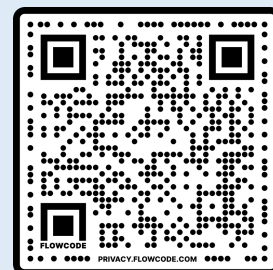
QUESTIONS?

Contact PhD Candidate Dani at: d.nyman@queensu.ca

This study has been reviewed for ethical compliance by the Queen's University Health Sciences and Affiliated Teaching Hospitals Research Ethics Board.



INTERESTED?



Scan the QR code or follow the link to complete an eligibility survey.

flowcode.com/p/wcl7U8Y9A?fc=0