UTEP
DEPARTMENT OF PHYSICAL THERAPY AND MOVEMENT SCIENCES

PARTICIPANTS NEEDED FOR A RESEARCH STUDY!

Help Us Understand How Blood Flow Restriction Affects Vascular Health

Study Purpose

We are investigating how blood flow restriction (BFR) - an exercise technique using a cuff to restrict blood flow – impacts blood circulation and artery health in both the restricted and non-restricted legs.

Who Can Participate?

- Ages 18-30
- Healthy, non-smokers
- Not taking medications or supplements
- No cardiovascular or musculoskeletal conditions
- Able to attend two lab visits (2 hours each)

What is Involved?

- Two lab visits at UTEP's Rehab Sciences Complex
- Blood pressure and ultrasound measurements
- Exercise testing on a stationary bike
- Non-invasive blood flow restriction using a medical-grade cuff
- No compensation, but your participation helps advance science!

Location

Clinical Applied Physiology Lab

Room 100, Rehab Sciences Complex 3333 N. Mesa St.,

Interested? Have Questions?

Contact Mr. Manuel Gomez (mgomez26@utep.edu) or

Dr. Alvaro Gurovich (agurovich@utep.edu)

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