UTEP
DEPARTMENT OF PHYSICAL THERAPY AND MOVEMENT SCIENCES

PARTICIPANTS NEEDED FOR A RESEARCH STUDY!

Help Us Understand the Effects of Cryotherapy on Muscle Recovery

(earn a $25 gift card)

Study Purpose

Help us explore how ice therapy affects muscle recovery, inflammation, and oxidative stress after exercise. Your participation will contribute to advancing sports and rehabilitation science!

Who Can Participate?

- Ages 18-30
- Healthy, non-smokers
- Not taking medications, anti-inflammatories, or supplements
- No cardiovascular or musculoskeletal conditions
- Able to attend six lab visits (30 to 90 minutes each)

What is Involved?

- 6 visits over 12 days (total time: ~5 hours 45 minutes)
- Blood draws and functional tests on your non-dominant arm
- Some participants will perform a controlled exercise protocol
- Ice therapy may be applied after exercise

Risks

- Temporary soreness, bruising, or discomfort
- All procedures are safe and supervised by trained professionals
- Your privacy and data will be protected

Location

Clinical Applied Physiology Lab

Room 117, Rehab Sciences Complex 3333 N. Mesa St.,

Interested? Have Questions?

Contact Ms. Amanda Daiberl (ardaiberl@miners.utep.edu) or

Dr. Alvaro Gurovich (agurovich@utep.edu)

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