Immobilization Study

- *Men and Women*
- *Ages 18-50*
- *Non-surgical treatment*
- *Immobilized 4-6 weeks*
- *No injury to contralateral limb*

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Ankle Immobilization Study

Department of Physical Therapy

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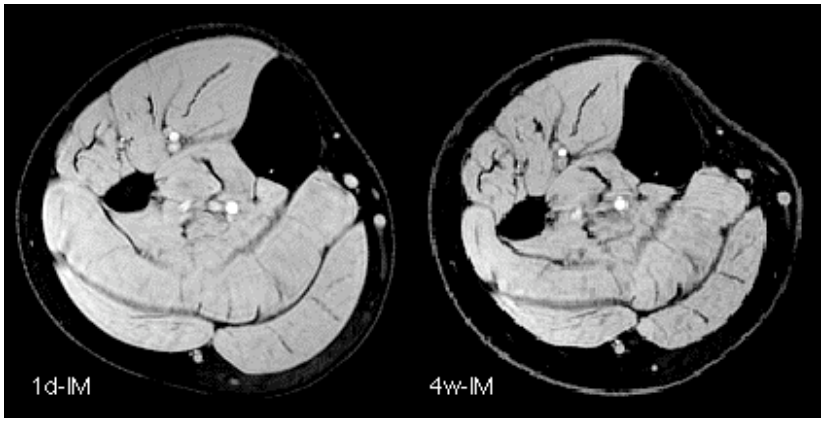
Muscle atrophy and weakness are common clinical phenomena observed following immobilization. The impact of immobilization can impact activities of daily living and lead to functional limitations and even disability

Research is being conducted at the University of Florida to identify ways to improve rehabilitation following ankle or foot injuries. The goal of this project is to learn more about certain genetic and biological factors which may play a role in the differences among individuals in how muscles recover following immobilization



If you have injured your foot or ankle that required immobilization for at least 4 weeks, you may be eligible to participate in this study.

As part of this study you will receive 6 weeks of rehabilitation as part of standard orthopedic treatment. Additional tests include muscle strength testing, MRI, muscle biopsies, blood samples and functional performance testing.

If you are interested in learning more about this study, please contact:

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