

Assessing Movement and Force Demands During Reactive Balance Training on a Slip Trainer



Intervention: Participants will complete up to 20 balance perturbations on a slip trainer. A slip trainer is a small platform a researcher moves to help people practise keeping their balance. A safety harness is worn at all times to prevent a fall if unable to maintain balance. Measurements of forces and movement patterns will be collected.

What to wear & bring: Activewear, including long pants and close toed, flat-soled sneakers/runners.

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To get involved / find out more:

Email: SPAHC-balanceexercise.researchgroup@monash.edu

Phone 03 9904 4524 (request a call back)

MUHREC Approval #50008



Why are you are invited?

You are invited to take part in this study because you are aged 40–70 years and live independently in the community. We are studying safe ways to practise balance recovery during unexpected slips.

What does this study involve?

You will attend one session at Monash University Peninsula Campus. You will complete balance tests and practise recovering from controlled slips on a slip trainer. You will wear a safety harness and be supervised at all times. You will also complete short questionnaires before and after the session.

Possible benefits

There are no guaranteed benefits, but you may gain increased confidence in your balance. The results will help inform future fall prevention research.

Possible risks

Risks are low and may include mild fatigue, muscle soreness, or temporary discomfort. Safety equipment and close supervision are used to minimise the risks.

Do I have to take part?

Participation is voluntary. You may stop participating in the session at any time.

If you choose to participate

A team member will contact you to discuss your eligibility to participate and answer any questions.

