

## **Research Subjects Needed**

We are seeking middle-aged volunteers with and without previous ankle sprains for a research study.

## PURPOSE OF STUDY

The purpose of this study is to compare ankle joint health, balance, ankle range of motion, and physical activity levels in middle-aged adults with and without chronic ankle instability (CAI). By studying these differences, we aim to improve assessment and treatment approaches for individuals with CAI.

## WHAT DO I HAVE TO DO?

If you qualify and decide to participate, you will be asked to:

Attend a single laboratory testing session, which includes

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