Scapular Muscle Activities During Closed Chain Shoulder Exercises

Researchers at the University of Kentucky are currently enrolling participants in a research study investigating the effects of seven shoulder rehabilitation exercises on shoulder muscular activity. We will measure your muscle activity using electromyography (EMG) with surface electrodes as well as your shoulder strength. We are recruiting individuals with shoulder pain for this one time study.

You may be eligible to participate in this study if:
- you are between the age of 18-65;
- if you have shoulder pain currently; and
- you have no adhesive allergies.

You may be NOT eligible to participate in this study if:
- you have severe shoulder pain (>8/10 on graded pain scale);
- you have past history of neck or shoulder fracture;
- you have past history of shoulder surgery.

For more information, contact:
Research Investigator: Tim L. Uhl PhD PT ATC
Lab Phone: 859-323-1100 ext. 80861 – if prompted by voicemail please leave your name, contact number & state you are interested in the Scapular Muscle study.
Or
Email: tluhl2@uky.edu – please provide contact information & in the subject heading put “Scapular Muscle Study.”

This study will be conducted in Room 222 (Muskuloskeletal Laboratory) in College of Health Sciences (CT Wethington Building)