You are Invited to Participate in a Study about using "sit-stand" desks

Requirements:

- Age = 18-40 years
- Have no current or recent (past 1 year) history of low-back pain or other musculoskeletal injuries
- Use a computer for at least 4 hours/day

Experiment Details:

- You will be asked to perform general office tasks using a sit-stand desk.
- You are expected to bring your own laptop to perform office tasks of your choice during the time of the experiment.
- Three experimental sessions of about 4.5 hours each, are required to complete the study.
- During the study, we will assess your body postures and muscle activities using non-invasive methods. For this purpose, you will be asked to dress in a comfortable sleeveless tank-top of your own (or one provided by the researchers).
- You will be asked to contract your muscles as hard as you can in a voluntary procedure involving short trials of ~10 seconds, to determine your highest level of muscle activity prior to experimental data collection
- Compensation: $10/hour

Research protocols have been approved by the VT IRB (#17-064)

If interested, please call or email Jang-Ho Park at

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