The Biological Effect of Different Progestins on Anterior Knee Laxity in Females

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WHO CAN BE IN THIS STUDY?

We invite you to participate in a study that will examine the effects of the hormones contained in birth control pills on knee joint laxity, a measure of the looseness of the knee joint. This will require three visits to the laboratory, one familiarization session and two testing sessions where we will measure your knee joint laxity and take a blood sample.

If you are:
Female
18-30 years of age,
Moderately physically active (1.5-10 hours of physical activity per week)
Use combination oral contraceptive
You may qualify for our study

You must also be a non-smoker, have at least one healthy knee, have no prior history of knee ligament injury or surgery in either limb, or have a history of pregnancy or current plans to become pregnant.

WHAT DO I HAVE TO DO?

- Answer a series of questions about your medical history (~30- 40 minutes)
- Undergo two days of hormone level and laxity testing. You will also have a small sample of blood taken on both days
    - Testing will occur on two days corresponding to two specific days within your pill cycle. During laboratory visits, a small sample of blood will be collected. Afterwards, general laxity of multiple joints will be tested. Finally, the laxity of at least one of your knees will be tested using a knee ligament testing device. Each laboratory visit will last about 40 minutes.

Compensation

There is no compensation for this project, extra credit for UNCG Kinesiology courses may be offered for participation in this project (Please consult your course instructor).

The total duration of participation is a maximum of 2 hours. Testing will take place at the Applied Neuromechanics Research Laboratory on the UNCG Campus

For more information and to participate, please contact
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