Are you frequently troubled by muscle soreness?

If so, please consider participating in a research study comparing three treatment methods and a control on symptoms of calf muscle soreness.

**Requirements:**
- Males or females ages 18-35
- Currently participating in physical activity for 30 minutes or more at least 3 times a week

Participants will be asked to attend one 15 minute familiarization with a 30 min. baseline testing session, a 60 minute DOMS inducement/intervention session, and three 30 minute outcome measurement sessions. Other than familiarization, these sessions will be repeated a week later on the opposite leg.

**For more information about the study or to see if you qualify, contact**

Catherine Windsor B.S., LAT at cat_12@neo.tamu.edu
or Stacy Germany B.S., CPhT, at sgermany@neo.tamu.edu.

*Research credit is available for ATTR 651, 652, and 655, KINE 213, 307 and 318*

Participation is voluntary and withdrawal may occur at any time without penalty or loss of benefits you would otherwise be entitled.