

# VOLUNTEERS NEEDED:

## For an exercise research study



Study conducted by Military Performance Division,  
US Army Research Institute of Environmental Medicine (USARIEM)  
10 General Greene Ave., Natick, MA, 01760

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**Volunteers needed for a study to determine the effects of non-steroidal anti-inflammatory drugs (NSAIDs) on bone and muscle metabolism after plyometric exercise**

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**We are looking for:**

- Males and females ages 18-42 years old
- Weigh at least 110 lbs
- Exercise at least 2 times per week
- No known allergy to lidocaine
- No history of allergic reaction to any NSAID-type medication (such as ibuprofen, aspirin, naproxen, meloxicam)
- No history of gastrointestinal disorders, gastric ulcer, or discomfort with NSAID use
- No history of endocrine disorder (e.g. diabetes), cardiovascular disease, or kidney disease
- No history of bone-modifying disorder (e.g. rickets, osteoporosis)
- No current or history of injury limiting physical activity
- Have not had a diagnosed bone fracture within the last 6 months
- Willing to discontinue use of NSAIDs (other than those provided by the study) and dietary supplements, alcohol and nicotine, unless approved by PI
- May not be pregnant or lactating within the past 6 months
- No blood donation within 8 weeks of study participation
- Have supervisor approval if permanent party military or a federal employee at NSSC

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**Study involves:** Approximately 5-10 week commitment to include 4 two-day study periods and 2 pre-study test days. You will take NSAIDs during three of the study periods and a placebo during one study period.

Compensation up to \$1,120 available.

**During each study period, you will be asked to:** perform jump squats on a leg press machine and provide blood, urine, and muscle biopsy samples.

**For more information contact:**

**Jeffery Staab (508-206-2393) at:**

NSAID Study

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