

## **Masters projects**

These projects are directed towards physiotherapy students but could be supervised via Sports Medicine for students from other relevant backgrounds.

**Title:** The role of moderate exercise in reducing symptom intensity post-concussion

**Description:** Players report a range of general transitory symptoms (e.g. headache, dizziness) following a concussion. International best practice indicates that players should not return to sports while they are experiencing symptoms at rest or when provoked by exercise. This study will investigate whether exposure to low level bouts of exercise will reduce the symptom intensity in persons with a diagnosis of post-concussion syndrome and thus facilitate eligibility to return to play.

**Title:** An analysis of the role of “Twitter” in promoting concussion awareness information in young sportspersons.

**Description:** The emerging role of new technologies such as Twitter provides a means of communicating with a large number of young persons in a format they are very receptive to. This project will use an RCT design to compare the “concussion message” received by young sports persons using Twitter or a traditional mode of communication such as information sheets/leaflets.

**Title:** What are the necessary physical requirements for mobility scooter use.

**Description:** Mobility scooter use provides a means for persons moving in their local communities. However the design of scooters makes it challenging for some users to get on/off their scooters creating the potential for falls and injury. This project will examine the physical (e.g. strength, flexibility and agility) requirements involved in getting on/off a mobility scooter. This research will provide information to assist in the prescription and choice of scooter type.

**Title:** Does the addition of adhesive spray improve the performance of traditional ankle taping techniques?

**Description:** The taping of ankles prior to sports such as football and rugby is now commonplace and is thought to provide mechanical support and increase sensory input, thus protecting the joint from injury. Even with expert application tape is known to alter its positioning particularly during high intensity activity, thus reducing its effectiveness. This RCT will compare the performance (balance, ROM) of person with traditional ankle taping and those with traditional ankle taping plus the application of adhesive spray following controlled bouts of physical activity.