

# PARTICIPATE IN SHOULDER HEALTH AND ERGONOMIC STUDY!

IS NECK AND/OR SHOULDER PAIN OR DISCOMFORT  
RELATED TO DRIVING POSTURE, WHOLE BODY VIBRATION,  
OR BOTH?

PROLONGED DRIVING  
IS A RISK FACTOR FOR  
MUSCULOSKELETAL  
DISORDERS



Volunteer to part of innovative  
research in within the Canadian Centre  
for Rural and Agricultural Health  
(CCRAH)

Aiming to understand how  
driving posture changes over  
one hour (with and without  
simulated vibration)



**RECRUITING TWO GROUPS: AGES 18+  
WITH A VALID DRIVERS LICENSE**



NON-PAIN GROUP



NECK AND/OR SHOULDER  
PAIN GROUP

TWO DIFFERENT  
CONDITIONS PERFORMED  
OVER TWO SEPARATE  
SESSIONS:

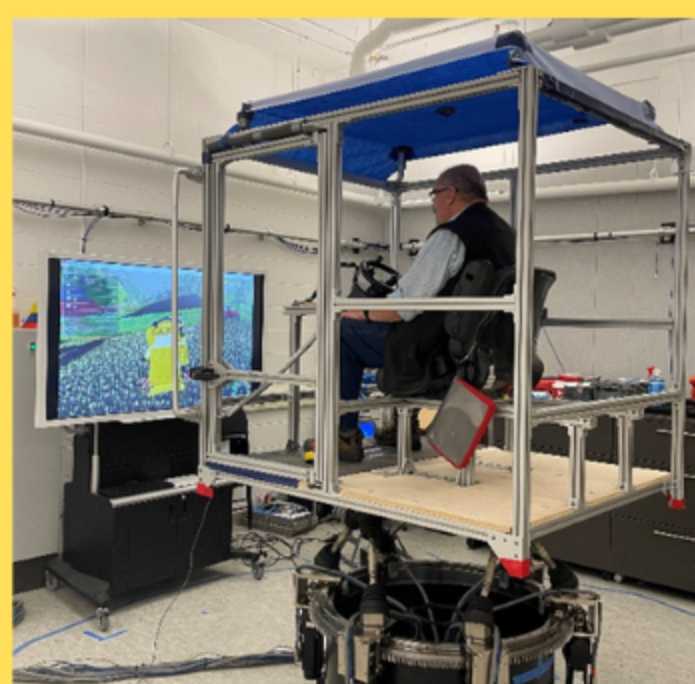
→ VIBRATION  
→ NON-VIBRATION

EACH SESSION IS  
A MAXIMUM OF  
90 MINUTES

Receive a coffee  
shop gift card as a  
thank you for your  
time!



Measure posture  
using Inertial  
Measurement  
Units (IMU's)



Ride a full-size tractor simulator!

Play the **Farm Simulator** video  
game as you ride!



Contact Student Researcher Sara Sagen via email ([sjs564@usask.ca](mailto:sjs564@usask.ca))  
or PI Dr. Angelica Lang ([angelica.lang@usask.ca](mailto:angelica.lang@usask.ca)) if you are  
interested in participating!



This study has been approved by the University of Saskatchewan  
Biomedical Research Ethics Board

