**UQ Summer 2018/2019 Research Project Description**

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| **Project title:** | **An investigation of the relationship between body mass index and midfoot mobility** |
| **Project Description:** | A relationship between body mass index (BMI) and static foot posture exists, however it is unclear whether dynamic midfoot mobility and BMI are associated.The aim of this study is to investigate the relationship between BMI and the vertical and medial-lateral mobility of the midfoot.  Training will be provided in the measurement of midfoot mobility including Dorsal Arch Height and Midfoot Width at 50% total foot length, in weight bearing and non-weight bearing. Once inter-rater reliability is established, the student rater will obtain measures of midfoot mobility and BMI from 100 asymptomatic young adults recruited from The University of Queensland. As part of this project it is anticipated that the student will gain experience in recruitment of participants, data collection and entry, and exposure to data analysis and interpretation. |
| **Duration in weeks:** | 10 weeks |
| **Expected hours per week:** | 30 hours per week |
| **Positions available:** | 1 |
| **Supervisors:** | Dr Natalie Collins, Lecturer in Physiotherapy, n.collins1@uq.edu.auDr Melinda Smith, UQ Development Fellow, melinda.smith@uq.edu.au |
| **Benefit to research profile:** |  This project will contribute to the larger program of research conducted by Dr Collins and Dr Smith in the area of foot function. Our research investigates foot function and physical therapy interventions at the foot, such as foot orthoses and exercise. BMI is associated with the populations that we recruit, such as knee osteoarthritis and plantar heel pain, so understanding how BMI relates to foot mobility will contribute to our overall research direction. Results of this study will be disseminated in peer review journal article and or conference presentation and which will also provide evidence of an established track record between these researchers and support future grant applications.  |