



**Research Participants  
Needed**

**WE ARE**

# Recruiting

**Koha: \$10 MTA  
Fuel Voucher**



**Who Can Take Part?**

You may be eligible if you are a:

- Adult aged 18 +
- Have no history of:
  - Swallowing disorders
  - Motor disorders
  - Neurological conditions

## Participants Wanted for Brain & Swallowing Research

Can imagining a swallow activate the brain — just like actually swallowing?

Researchers at the University of Canterbury & UC Rose Centre are exploring how mental imagery may help improve swallowing precision in healthy adults.

### *Why This Research Matters*

Swallowing difficulties are common after stroke and neurological disease and can seriously impact health and quality of life.

Research shows that imagining movements can activate the brain in similar ways to physical movement — a technique used by athletes for over a century and increasingly studied in rehabilitation.

### *What hasn't been studied enough?*

Imagined swallowing.

Your participation will help fill a critical evidence gap and support the development of safe, accessible, low-risk rehabilitation approaches that could one day be used at home.

### **What Will You Do?**

- **Attend one session only**
- **Session length: up to 90 minutes**
- **Perform simple swallowing and imagination tasks**
- **Small sensors are placed under the chin to measure muscle activity**
  
- **Completely non-invasive**
- **No risk**

### **Where?**

- **University of Canterbury, Ilam**

## Get in touch

Send your enquiry to:  
[mph89@uclive.ac.nz](mailto:mph89@uclive.ac.nz)

This study has been approved by the University of Canterbury Human Research Ethics Committee (HREC 2025/17/LR).