

**School of Health Sciences  
Honours Research Project**

**Title** (*approximate*)

**Can interventions targeted at enhancing foot function improve gait and balance in older people?**

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**Project Details** (*Brief Description of the Project*)

Falls are the leading cause of injuries in older people. Our recent research has identified that foot structure and function are falls risk factors for older people. The aim of this study will be to design and implement an intervention that can enhance foot function in older people. The intervention will also be assessed to determine whether changes to foot function can lead to improved balance and gait in these older adults. If successful, this intervention could have implications for preventing falls in older people.

**Number of Students:** 1

**Special requirements**

Flexible hours

Other requirements to be determined once the project has been finalised.

**Skills required**

Good communication skills

A passion for research