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Inspiring Minds – Showcasing Western’s Graduate Research, Scholarship and Creative Activity

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## Utilizing Creativity in Research

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I'm Alexander Paish, a Master's student of neuromuscular physiology at Western University. Our lab utilizes a brain to muscle approach, observing interactions between the central nervous system and the muscle fibers they control throughout various tasks. My research investigates the effects of muscle activation and the neural adaptation responses during dynamic movements. My goal is to apply findings of neural adaptation towards the development of assistive technology in vulnerable populations, such as frail elderly adults. Specifically driving my attention is technology concerning the reduction of adverse consequences of daily living, like falls. In addition to my research, I spend my time playing the guitar, writing songs, and most recently painting. These outlets provide meaningful relaxation and satisfaction, while keeping my brain active. Although I may not be musically or scientifically venerated currently, unifying creative style with problem-solving, will enable the creation of unique ways to find solutions to benefit others.