

Comparison of two different stretching strategies on hip extension mobility in healthy and active adults: a randomized clinical trial.

ACTRN12624000202561

Status RECRUITING
Sponsor University European of Madrid
Enrollment 34 participants

Plain Language Summary

Tight hips and hamstrings are among the most common movement limitations in active adults, contributing to lower back pain, poor running mechanics, and increased injury risk. While stretching is widely recommended, there is debate about which techniques are most effective — and this study directly compares two common approaches.

Participants are randomly assigned to either a posterior pelvic tilt stretching technique or a hip extension stretching technique over a set period. Hip extension mobility and hamstring flexibility are measured before and after the program to determine which approach produces better results for healthy, active adults.

You may be eligible if you are 18 to 35 years old, train at least twice per week, and are in good musculoskeletal health. People with any lower limb or pelvic injury in the past 5 years, neuromuscular or cardiovascular conditions, previous lower limb surgery or fractures, or rheumatic disease are not eligible.

Locations (1 total)

Madrid, Spain