

# Effects of Kinesio Tape on Delayed Onset Muscle Soreness

NCT04128670

---

Status	RECRUITING
Phase	Not Applicable
Sponsor	Indiana University
Enrollment	36 participants

## Key Eligibility Criteria

---

### Inclusion (1)

- to 30 years old

### Exclusion (15)

- Participating in any strengthening exercises or activities of the upper extremities for the past month.
- Regularly (~2x per month) participating in strengthening exercises or activities that include lengthening actions of the upper extremity for the past 6 months.
- An answer of yes to any of the seven questions on the first page of the 2019 Physical Activity Readiness Questionnaire \[PAR-Q: 16\] indicating that the subject is not physically ready for exercise without a medical exam. These exclusions include the following:
- If participant's doctor has ever said that he/she has a heart condition or high blood pressure
- Pain in chest at rest, during daily activities of living, or when doing physical activity
- ... and 10 more (see full listing online)

## Locations (1 total)

---

Indiana University Purdue University Indianapolis, Indianapolis, Indiana, United States