

Blood Flow Restriction Training After Patellar INStability

NCT04554212

Status	RECRUITING
Phase	Not Applicable
Sponsor	Caitlin Conley
Enrollment	78 participants

Key Eligibility Criteria

Inclusion (5)

- Diagnosis of traumatic patellar instability (either primary or recurrent) determined by an American Board of Family Medicine certified physician with a Certificate of Added Qualifications in Sports Medicine or licensed Physical Therapist utilizing clinical examination, radiographic imaging, and patients' reports of instability
- Age 14 to 40 years
- Skeletally mature with closed growth plates visualized by radiograph
- A score of 80 or more on the Sports Activity Scale, which corresponds to participating in "running, twisting, turning (tennis, racquetball, handball, ice hockey, field hockey, skiing, wrestling)" at least 1-3 times per week
- Desire to resume pre-injury activity level

Exclusion (10)

- Concomitant osteochondral lesion requiring surgical fixation
- Radiographic evidence of osteoarthritis (\leq Kellgren-Lawrence Grade 2)
- Previous ipsilateral or contralateral knee surgery
- Most recent instability event more than 3 months before enrollment
- History of any inflammatory disorder

... and 5 more (see full listing online)

Locations (4 total)

UK Healthcare at Turfland, Lexington, Kentucky, United States
University of Kentucky Biomotion Laboratory, Lexington, Kentucky, United States
Center for Sports Performance and Research, Foxborough, Massachusetts, United States
... and 1 more locations