

RCT of Combination Effect of Vibration Treatment and HMB Supplementation on Myosteatorsis and NMJ Degeneration

NCT05525039

Status	RECRUITING
Phase	Not Applicable
Sponsor	Chinese University of Hong Kong
Enrollment	200 participants

Key Eligibility Criteria

Inclusion (5)

- Subjects aged 60 years or above
- Subjects failed in AWGS algorithm
- skeletal muscle mass by BIA (male at $<7.0 \text{ kg/m}^2$, female at $<5.7 \text{ kg/m}^2$), and
- handgrip strength (male at $<28 \text{ kg}$, female at $<18\text{kg}$), and/or
- gait speed test ($>1\text{m/s}$)

Exclusion (8)

- Subjects with pathological bone diseases
- Subjects with chronic inflammatory condition (e.g. rheumatoid arthritis)
- Subjects with neurological problems
- Subjects receiving regular exercise
- Subjects who are chair-/bed- bound
- ... and 3 more (see full listing online)

Locations (3 total)

Evangelical Luthera Church Social Service - Hong Kong, Hong Kong, Hong Kong
The Chinese University of Hong Kong Jockey Club Centre for Osteoporosis Care and Control, Hong Kong, Hong Kong
The Chinese University of Hong Kong, Department of Orthopaedics and Traumatology, 1/F Li Ka Shing Outpatient Clinic (North), PWH, Hong Kong, Hong Kong