

Crossed Education in Relation to Muscle Mass in Patients Operated of Clavicular Fracture

NCT05810129

Status	RECRUITING
Phase	Not Applicable
Sponsor	Universidad de La Frontera
Enrollment	39 participants

Key Eligibility Criteria

Inclusion (1)

- Men from 18 to 40 years old, diagnosed with radiographically verified clavicle fracture and awaiting surgical procedure. They have a body mass index of not less than 18.5 and not more than 29.9 kg/m² and sign an informed consent.

Exclusion (5)

- Patients with previous injuries, pathological fracture or polytrauma
- Patients who report pain, a history of rotator cuff tear or surgery in the non-injured upper extremity.
- Patients with uncontrolled cardiovascular diseases.
- Any history of neurological problems in the upper extremities.
- Use of nutritional supplementation (leucine, glutamine, casein, whey-protein, fatty acids and creatine) and/or Hormonal Replacement Therapy.

Locations (1 total)

Universidad de La Frontera, Temuco, IX Región de La Araucanía, Chile