

Effect of Percussive Massage on Skeletal Muscle During Limb Immobilization

NCT06053229

Status	RECRUITING
Phase	Not Applicable
Sponsor	Brigham Young University
Enrollment	36 participants

Key Eligibility Criteria

Inclusion (3)

- years old (women are pre-menopausal). We will exclude individuals over the age of 50 because the adaptive capability of skeletal muscle fundamentally changes with older age, and the risk from disuse increases. The findings of this study will help determine the risk benefit relationship of conducting a similar study in older individuals.
- Stable levels of physical activity for at least 6 months
- No history of lower extremity injury that would preclude their ability to perform knee extension exercise

Exclusion (6)

- Cigarette or marijuana smoker
- Pregnant or planning to become pregnant within next month
- Cardiovascular, metabolic disease or cognitive disease (e.g. Alzheimer's or mild cognitive impairment)
- Taking prescribed medications (e.g. blood pressure medication) or anti-depressants
- Habitual use of any type of massage or vibration on their thigh
- ... and 1 more (see full listing online)

Locations (1 total)

Brigham Young University, Provo, Utah, United States