

"Effects of Passive Static Stretching of 30 Seconds Versus 60 Seconds on the Hamstring Flexibility in Adults With Hamstring Tightness."

NCT06437613

Status	RECRUITING
Phase	Not Applicable
Sponsor	Foundation University Islamabad
Enrollment	32 participants

Key Eligibility Criteria

Inclusion (3)

- Adults age ranging from 18-45 years
- Both males and females are included in the study
- Individuals with 90 degree hip flexion having a minimum reduction of 15 degrees in knee extension position.

Exclusion (4)

- Old adults
- Individuals suffering from any acute or chronic co-morbidities of musculoskeletal, neurologic, cardiovascular or systemic origin
- Post-surgical cases
- Hamstring strain or any other dysfunction in past two years.

Locations (1 total)

Foundation University College of Physical Therapy, Rawalpindi, Punjab Province, Pakistan