

Comparative Effects Of Mud Based Plyometric Jump Training on Volleyball Players

NCT06509711

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (5)

- Age:17-35years
- Male Volleyball players
- Repetition Maximum (RM) of 10kg
- BMI in the range of 18.5 to 24.9
- Players had game experience of at least 2years

Exclusion (3)

- Musculoskeletal issues(Jumper's knee, Foot and ankle injuries, Patellar tendinopathy, Ligamentous and meniscal injury, Bone deformity, Fractures of lower limb)
- Cardiac and Pulmonary disorder
- Vestibular and visual disorder

Locations (1 total)

Pakistan sports board, Lahore, Punjab Province, Pakistan