

Effects of Ballistic Six Exercises With and Without Blood Flow Restriction in Cricket Players

NCT06536777

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	32 participants

Key Eligibility Criteria

Inclusion (6)

- Male players
- Age 18-25 years
- Active recreational players
- Minimum score on Kerlan-Jobe Orthopedic Clinic (KJOC) Shoulder and Elbow Score questionnaire should be above 60.
- In Closed kinetic chain upper extremity stability test rest interval should be from 40-45 seconds.

... and 1 more (see full listing online)

Exclusion (8)

- Players not actively involved in training and competition
- History of systemic disease
- Prior surgery history
- Ligamentous and GHJ injury
- Bone deformity

... and 3 more (see full listing online)

Locations (1 total)

Dring Stadium, Bahawalpur, Punjab Province, Pakistan