

BFR Training on Muscle Morphology

NCT06566950

Status	RECRUITING
Phase	Not Applicable
Sponsor	Udayana University
Enrollment	75 participants

Key Eligibility Criteria

Inclusion (5)

- Being between the ages of 15 and 35
- Play level 1 sports (fight martial arts, basketball, futsal, and soccer) at least twice a week
- Never experienced an Patellofemoral Pain Syndrome or ACL injury before
- Never experienced a grade III sprain or strain
- Consent to participate in the study until its conclusion and provide informed consent.

Exclusion (2)

- Having a tumor, cancer, vena thromboembolic disease, obesity, diabetes, hypertension, anemia, and renal failure
- Disabilities or those who are disabled.

Locations (1 total)

Physical therapy laboratory, College of Medicine, Universitas Udayana and ROM Physiotherapy Private Clinic Denpasar, Denpasar, Bali, Indonesia