

# Blood Flow Restriction (BFR) Training on the Ulnar Collateral Ligament (UCL)

NCT06664827

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Status	RECRUITING
Phase	Not Applicable
Sponsor	The Methodist Hospital Research Institute
Enrollment	50 participants

## Key Eligibility Criteria

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### Inclusion (3)

- Healthy volunteer
- Agree to complete all exercise sessions and program in its entirety
- Between the ages of 18-50 years old

### Exclusion (9)

- Current or recent injury of the hand, elbow, or shoulder
- Outside of the ages of 18-50 years old
- Vascular compromise or previous vascular surgery
- History of DVT
- Current participation in other BFR research study

... and 4 more (see full listing online)

## Locations (1 total)

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Houston Methodist Hospital, Houston, Texas, United States