

# The Effects of Core and Shoulder Stabilization Exercises on Athletic Performance and Injury Risk in Master Swimmers

NCT06681311

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Marmara University
Enrollment	40 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Individuals aged 25-50
- Those who engage in swimming training at least 3-4 days a week
- Volunteers willing to participate in the study
- Licensed competitive swimmers
- Masters swimmers (A competitive swimming class for swimmers aged 25 and older, knowledgeable in swimming techniques and competing according to FINA (International Swimming Federation) rules) (<https://www.worldaquatics.com/masters/latest>; Accessed: 25.05.2024)

### Exclusion (7)

- Individuals with chronic diseases affecting orthopedic, neurological, cardiovascular, or other systems
- Individuals with cognitive dysfunction
- Those who regularly engage in strength training
- Non-volunteers unwilling to participate in the study
- Individuals outside the age range of 25-50
- ... and 2 more (see full listing online)

## Locations (1 total)

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Marmara University, Istanbul, Maltepe, Turkey (Türkiye)