

Effects of Band Exercises Added to the Warm-Up on Shooting and Viscoelastic Properties of Muscles in Handball Players

NCT06685666

Status	RECRUITING
Phase	Not Applicable
Sponsor	Marmara University
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (5)

- years old
- Female Gender
- Participating in active training at least 3-4 times a week
- Athletes who volunteer to participate in the study
- Having a license in handball

Exclusion (6)

- People with orthopedic, neurological or congenital problems
- Athletes with chronic illnesses
- People with upper extremity surgery history within the last year
- People with cognitive problems
- People with problems that will prevent the application of tests
- ... and 1 more (see full listing online)

Locations (1 total)

Marmara University, Istanbul, Maltepe, Turkey (Türkiye)