

# Effects Of Isolated And Integrated Core Stability Training In Fast Bowlers

NCT06688227

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Sehat Medical Complex
Enrollment	28 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Age group: 18 to 28 years. Individuals younger than 18 needed parental consent, and those older than 30 faced a higher likelihood of degeneration in the thoracic and lumbar spine region
- No history of lower back pain
- Gender: Male. Considering the differences in anatomy and physiology between males and females, it was deemed advantageous to concentrate solely on one gender to ensure continued homogeneity
- They had actively participated in Action Cricket within one of the intermediate leagues for a minimum of six months

### Exclusion (5)

- Athletes with physical disability and major health problems.
- Not willing to participate.
- Patients with MSK disorders.
- Female athletes will not be included because of anatomical and physiological differences.
- Participants with a recent history of significant injuries, especially those related to the core or lower extremities, as this could confound the study results.

## Locations (1 total)

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Riphah International University, Lahore, Punjab Province, Pakistan