

Effects of Plyometric Exercises in Female Fast Bowlers

NCT06688279

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

Key Eligibility Criteria

Inclusion (5)

- Patient between age of 19 to 28 years
- Female fast bowlers.
- Active team members of their respective leagues.
- Healthy, without the presence of injuries.
- Whose composite score will be greater than 75 on star excursion balance scale.

Exclusion (2)

- Femles with Injury.
- History of elbow or shoulder injury or pain within one year of the study's pre-test will be excluded.

Locations (1 total)

Riphah International University, Lahore, Punjab Province, Pakistan