

Effects of Whole-body Electrical Muscle Stimulation Exercise on Spinal Motoneuronal Activation in Older Adults

NCT06689618

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Missouri-Columbia
Enrollment	12 participants

Key Eligibility Criteria

Inclusion (5)

- Age (65 years or older) for healthy older adults and between 18-39 for healthy younger adults
- Ambulatory without an assistive device
- More than anti-gravity strength in major muscle groups as assessed by manual muscle testing
- Medical clearance to participate in an exercise program
- Ability to conform to the requirements of the study (i.e. attendance at assessment and intervention visits, maintain current level of non-study physical activity for the duration of the study, no intention to relocate mid-study)

Exclusion (9)

- Regular use of an assistive device for mobility (i.e. cane, walker, wheelchair)
- Presence of a pacemaker, metal implants, or other implanted medical devices that could impact participant safety during WB-EMS intervention
- Known pregnancy at the time of screening
- Presence of unstable acute or chronic disease (i.e. renal failure, rheumatologic disease, cardiac arrhythmia, neoplasm, uncontrolled hypertension)
- Presence of terminal disease (i.e. receiving hospice services)

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

Locations (1 total)

NextGen Precision Health Building, Clinical and Translational Science Unit, Columbia, Missouri, United States