

# Impact of Tensor Fascia Lata Stretch on Vastus Medialis Obliquus Activity

NCT06736756

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**Status** RECRUITING  
**Sponsor** Ahram Canadian University  
**Enrollment** 37 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Both genders.
  - Body mass index (BMI) ranges from 18.5 to 29.9.
  - Age ranges between 18 and 30 years old.
  - Experience nontraumatic anterior knee pain.
  - Pain with any two activities, including running, jumping, squatting, kneeling, stair ascent/descent or prolonged sitting.
- ... and 1 more (see full listing online)

### Exclusion (9)

- Coexisting pathology around the knee, including patellar subluxation or dislocation.
  - Previous knee surgery.
  - Suspicion of patellar tendinopathy, with strong consideration of pain localised to the patellar tendon.
  - Patients didn't receive physiotherapy treatment or use of non-steroidal anti-inflammatory drugs for knee pain in the previous 3 months.
  - Any neurological or rheumatic disorders
- ... and 4 more (see full listing online)

## Locations (1 total)

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Tasneem Khaled, Cairo, Egypt