

The Enhancement Effect of Low-Level Laser Therapy for Muscle Training with Combined NMES and BFR

NCT06739148

Status	RECRUITING
Phase	Not Applicable
Sponsor	National Cheng-Kung University Hospital
Enrollment	44 participants

Key Eligibility Criteria

Inclusion (2)

- Healthy adults aged 20-40, without a diagnosis of cardiovascular or neuromusculoskeletal diseases.
- Normal vision range after visual correction.

Exclusion (4)

- Exclude students who have a teacher-student relationship with the principal investigator to ensure the participants' autonomy.
- History of brain injury, stroke, spinal cord injury, or other neuromuscular-related conditions.
- Contraindications for laser therapy: pregnancy, malignant tumor tissues, bleeding areas, and photosensitive skin regions.
- Presence of any contraindications for blood flow restriction training, such as a history of injury or strain in the non-dominant arm's biceps, deep vein thrombosis or venous occlusion in the non-dominant arm, acute unstable fractures in the non-dominant arm, acute regional infections in the non-dominant arm, severe peripheral arterial occlusive disease in the non-dominant arm, complete lymphatic obstruction in the non-dominant arm, and edema due to acute pulmonary edema or congestive heart failure in the non-dominant arm.

Locations (1 total)

National Chen Kong University Hospital, Tainan, Tainan, Taiwan