

# Optimising Hip Mobility, Hamstring Flexibility and Performance Using Lightback

NCT06811883

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Universidad Católica de Ávila
<b>Enrollment</b>	20 participants

## Key Eligibility Criteria

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### Inclusion (3)

- Sprinters and hurdlers aged 18 to 30 years.
- No history of recent (less than 6 months) hamstring or hip injury.
- Signed informed consent.

### Exclusion (9)

- Cruciate or hamstring tears less than 6 months old;
- Hip and back surgery less than 3 months old;
- Chronic or acute back problems;
- Pregnancy;
- Osteoporosis

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

## Locations (1 total)

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Universidad Pontificia de Salamanca, Salamanca, Spain