

# Pneumatic Compression vs Blood Flow Restriction for Muscle Recovery

NCT06815367

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of Southern California
<b>Enrollment</b>	33 participants

## Key Eligibility Criteria

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### Inclusion (5)

- years of age
- Recreationally active population
- Women should be on a form of hormonal contraception.
- No current musculoskeletal injuries or pathologies
- Must answer "yes" to all PAR-Q questions.

### Exclusion (16)

- Individuals that routinely train trail running
  - Discomfort when running
  - Deep vein thrombosis
  - Blood clots
  - Cancerous lesions
- ... and 11 more (see full listing online)

## Locations (1 total)

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University of Southern California, Los Angeles, California, United States