

# THE MYOFASCIAL SYSTEM AND MINIMIZING THE RISK OS INJURY IN SPORT

NCT06895720

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Aveiro University
Enrollment	65 participants

## Key Eligibility Criteria

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### Inclusion (3)

- Athletes at the youth and junior levels
- Registered with the respective football association
- Athletes with no history of injury in the past 3 months

### Exclusion (4)

- Athletes who failed pre-season medical examinations
- Athletes with a history of previous surgery or lower limb fractures in the last 5 years
- Athletes undergoing physiotherapy rehabilitation at the time of the study
- Athletes participating in another injury prevention program or specific training

## Locations (1 total)

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Azevedo Coutinho Street No. 5, Fão, Porto District, Portugal