

Eccentric or Concentric Contralateral Training in Rehabilitation After Shoulder Surgery With Elbow Immobilization

NCT06905093

Status	RECRUITING
Phase	Not Applicable
Sponsor	Centre Hospitalier Intercommunal de Toulon La Seyne sur Mer
Enrollment	42 participants

Key Eligibility Criteria

Inclusion (4)

- Adult patient (e 18 years old) undergoing shoulder surgery (i.e., Bankart procedure, rotator cuff repair, arthroplasty)
- With an indication for immobilization, expected to last 4 to 6 weeks
- Free from any neurological pathology
- Having provided their informed consent before any participation in the research

Exclusion (9)

- Having a medical contraindication to the practice of physical and sports activities
- Presenting an expected modification of their physical activity of the non-immobilized limb
- Having suffered an injury to the upper limbs in the last 6 months
- Having already undergone surgery on the upper limbs
- Pregnant, parturient, and breastfeeding women
- ... and 4 more (see full listing online)

Locations (1 total)

Hôpital National d'Instruction des Armées Sainte-Anne, Toulon, Var, France