

Effects of Strength Training on the Plantar Flexors' Properties After Achilles Tendon Rupture

NCT06912269

Status	RECRUITING
Phase	Not Applicable
Sponsor	Federal University of Rio Grande do Sul
Enrollment	67 participants

Key Eligibility Criteria

Inclusion (2)

- Men aged 18 to 64 who have ruptured their Achilles tendon unilaterally no more than 5 years ago;
- Who are not performing systematic and regular calf strength training.

Exclusion (7)

- Non-surgical treatment for Achilles tendon rupture;
- History of postsurgical complications (infection or re-rupture);
- Presence of any type of ankle injury in the last six month;
- Participation in a strength training program for plantar flexors in the last six months prior to participation in the study;
- Having heart failure; autoimmune diseases; and/or diabetes;

... and 2 more (see full listing online)

Locations (1 total)

Exercise Research Laboratory (LAPEX) - School of Physical Education, Physiotherapy, and Dance, Porto Alegre, Rio Grande do Sul, Brazil