

Effect of Instrument-Assisted Soft Tissue Mobilization on Gastrocnemius Stiffness and Ankle Range of Motion

NCT06934694

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Primorska
Enrollment	38 participants

Key Eligibility Criteria

Inclusion (5)

- Age between 18 and 45 years
- Healthy individuals without current lower limb injury
- No history of surgery to the ankle, knee, or calf
- Able to perform the weight-bearing lunge test without assistance
- Willing to refrain from intense lower-limb exercise 24 hours before testing

Exclusion (6)

- Current or recent (past 3 months) lower limb musculoskeletal pain or injury
- Known neuromuscular or vascular disorders affecting the lower extremity
- Use of medications affecting muscle tone or flexibility within 48 hours prior to testing
- Previous adverse reactions to manual therapy or IASTM
- Skin lesions, bruising, or conditions over the gastrocnemius that contraindicate IASTM
- ... and 1 more (see full listing online)

Locations (1 total)

University of Primorska, Faculty of Health Sciences, Izola, Izola, Municipality of Izola, Slovenia