

# Stretching to Improve Jumping Performance

NCT06944652

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of Saskatchewan
<b>Enrollment</b>	40 participants

## Key Eligibility Criteria

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### Inclusion (1)

- Currently involved in a sport training program

### Exclusion (1)

- Current or past injuries that might affect jumping performance or stretching the plantar flexors or shoulder joint

## Locations (1 total)

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College of Kinesiology University of Saskatchewan, Saskatoon, Saskatchewan, Canada