

# Muscle Vibration as a Countermeasure Against Hypoactivity-induced

NCT07021079

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Centre Hospitalier Universitaire de Saint Etienne
<b>Enrollment</b>	42 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Men and women.
- Aged 18 to 45 years.
- Body Mass Index (BMI) between 20 and 25 kg/m<sup>2</sup>.
- Engaging in at least 1.5 hours per week of physical activity (e.g., brisk walking, running, swimming, cycling).
- Provided informed consent after receiving detailed information about the study.

... and 1 more (see full listing online)

### Exclusion (13)

- Chronic cardiovascular, neuromuscular, bone, metabolic, and/or inflammatory disorders.
- Personal history and/or risk factors for thrombosis.
- Use of antidepressant medications.
- Use of neuroactive substances likely to alter corticospinal excitability (e.g., hypnotics, antiepileptics, psychotropics, muscle relaxants) during the study.
- Recent bone or ligament trauma within the past 12 months.

... and 8 more (see full listing online)

## Locations (1 total)

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Centre Hospitalier Universitaire, Saint-Etienne, France