

Dynamic Stretching vs. Foam Rolling: Effects on Hamstring Flexibility and Muscle Oxygenation in Tight Hamstrings

NCT07024017

Status	RECRUITING
Phase	Not Applicable
Sponsor	Pelin Pi_irici
Enrollment	39 participants

Key Eligibility Criteria

Inclusion (4)

- Healthy individuals aged between 18 and 35 years
- Both male and female participants
- Absence of any known health conditions
- Hamstring tightness defined as $e20^\circ$ of knee flexion angle in Active Knee Extension test

Exclusion (7)

- Any neuromuscular or orthopedic disorders affecting the lower extremities
- Circulatory or vascular problems
- Respiratory or cardiovascular diseases
- Renal failure
- Presence of pain during measurements or exercise protocols
- ... and 2 more (see full listing online)

Locations (1 total)

Bahcesehir University, Istanbul, Be_ikta_, Turkey (Türkiye)