

# Tailored Resistance Training After Adverse Pregnancy Outcomes

NCT07058818

---

<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of Michigan
<b>Enrollment</b>	10 participants

## Key Eligibility Criteria

---

### Inclusion (10)

- Had a single baby in your most recent pregnancy
  - Are 18-45 years old
  - Are 3-15 months postpartum
  - Are not currently pregnant
  - Had an adverse pregnancy outcome/medical complication in your most recent pregnancy, including preeclampsia, gestational diabetes, hypertensive disorders of pregnancy, fetal growth restriction or low birth weight baby, or preterm birth
- ... and 5 more (see full listing online)

### Exclusion (10)

- Had a multiple birth (twins, triplets, etc) in your most recent pregnancy
  - Are <18 or >45 years old
  - Are <3 months or >15 months past your last birth
  - Are currently pregnant
  - Are unable to exercise or have been told by a healthcare provider not to exercise
- ... and 5 more (see full listing online)

## Locations (1 total)

---

School of Kinesiology, Ann Arbor, Michigan, United States

---

<https://clinicaltrials.gov/study/NCT07058818>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at ClinicalTrials.gov. Generated by ClinicalTrialsFinder.org.