

Focusing the Shoulder or Considering the Whole-Body in Volleyball Physiotherapy

NCT07072091

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | University of Trieste |
| Enrollment | 40 participants |

Key Eligibility Criteria

Inclusion (1)

- practicing volleyball for at least 5 years with a training volume of minimum 5 h/wk

Exclusion (1)

- history of previous surgical intervention or fractures on the shoulder or spine

Locations (1 total)

University of Trieste - Exercise Physiology and Kinesiology Lab, Trieste, Trieste, Italy