

Heavy-load Resistance Training With and Without Blood Flow Restriction Therapy in Athletes

NCT07128862

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	44 participants

Key Eligibility Criteria

Inclusion (5)

- Participants with age between 18 and 35 years.
- Active individual participating in sport activities at least 3 times a week for the past 6 months.
- Participants with any non-heart conditions.
- Individuals voluntarily participating and providing informed consent.
- Sprinters, Footballer

Exclusion (6)

- Individuals with DVT or other pulmonary artery disease.
 - Pregnant women or those planning to become pregnant.
 - Participants with recent musculoskeletal injuries (within the 6 months).
 - Individuals currently involved in another study.
 - Participants allergic to or sensitive to the materials used in the BFR bands.
- ... and 1 more (see full listing online)

Locations (1 total)

Pakistan Sports Board, Lahore, Punjab Province, Pakistan