

Effects of Resistance Exercises in Hereditary Sensory-Motor Neuropathy (Charcot-Marie-Tooth Disease)

NCT07152197

Status	RECRUITING
Phase	Not Applicable
Sponsor	Universidad de La Frontera
Enrollment	22 participants

Key Eligibility Criteria

Inclusion (3)

- Men or women between 15 and 29 years of age with a diagnosis of hereditary sensorimotor polyneuropathy (HSPN) in any of its subtypes, living in the community (for experimental group).
- Healthy men or women between 15 and 29 years of age living in the community (for control group).
- Having active ankle movement within a range from plantarflexion to at least 0° of ankle dorsiflexion, allowing for strength training.

Exclusion (5)

- Osteoarticular or mobility impairments that prevent safe performance of resistance exercise training (e.g., ankle arthrodesis).
- Use of nutritional supplements that may affect skeletal muscle regulation (leucine, glutamine, casein, whey protein, fatty acids, creatine, among others).
- Untreated and/or uncontrolled chronic diseases or intellectual disability.
- History of surgery
- Participation in a resistance exercise training program within the past 6 months.

Locations (2 total)

Temuco, Chile, Temuco, La Araucanía, Chile
Universidad de La Frontera, Temuco, La Araucanía, Chile