

Effects of Heel Height on Gait Parameters

NCT07167472

Status	RECRUITING
Sponsor	Hacettepe University
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (4)

- Healthy adults, aged 18-35 years
- Body Mass Index (BMI) within normal range (18.5-24.9 kg/m²)
- Foot structure compatible with shoe size
- Voluntarily agrees to participate and provide informed consent.

Exclusion (5)

- Use of orthotics or insoles
- History of musculoskeletal conditions affecting gait
- Lower extremity injury or surgery within the past 6 months
- Chronic ankle instability
- Receiving treatment related to the lower extremities within the past 6 months

Locations (1 total)

Yuksekk Ihtisas University, Ankara, Turkey (Türkiye)