

Human Skeletal Muscle Response to 5 Days of Bedrest in Young Adults

NCT07178353

Status	RECRUITING
Phase	Not Applicable
Sponsor	Queen's University
Enrollment	12 participants

Key Eligibility Criteria

Inclusion (5)

- Males and females 18-30 years
- BMI between 18.5-28 kg/m²
- Weight stable (within ± 2 kg for 6 months)
- Generally healthy as assessed by medical and physical activity questionnaires
- recreationally active

Exclusion (11)

- a BMI < 18.5 and > 28 kg/m²
- the use of insulin to control blood glucose levels
- a history of any cardiovascular, respiratory, metabolic diseases, neuromuscular or bone-wasting diseases
- the use of any medication that may affect muscle protein turnover (e.g. androgen or anabolic hormone therapy, chemotherapy)
- a (family) history of thrombosis, platelet or coagulation disorders, or antiplatelet therapy and the use of anticoagulant medications
- ... and 6 more (see full listing online)

Locations (1 total)

Queen's University, Kingston, Ontario, Canada