

Trampoline-Induced Changes in Pelvic Structure and Continence

NCT07183800

Status RECRUITING
Sponsor University of Ottawa
Enrollment 30 participants

Key Eligibility Criteria

Inclusion (4)

- Aged 18-40
- Engage in regular physical activity or sport
- Do not experience frequent urinary leakage (no more than once per month during exercise, coughing, or sneezing)
- Can complete a 10-minute jumping protocol

Exclusion (4)

- Currently pregnant or have been pregnant in the past 6 months
- Have cardiac, pulmonary, metabolic, and/or neurological conditions
- Have a lower body injury that limits your ability to jump
- Have had a hysterectomy and/or incontinence surgery

Locations (1 total)

University of Ottawa - Lees Campus, Ottawa, Ontario, Canada