

Functional Magnetic Stimulation (FMS) for Bone Marrow Edema in Athletes

NCT07234084

Status	RECRUITING
Phase	Not Applicable
Sponsor	International Hellenic University
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (6)

- Athletes aged 18-45 years participating in regular sports training e3 sessions per week for the past 6 months.
- MRI-confirmed bone marrow edema (BME) of the lower limb graded as Fredericson 2 or 3.
- Onset of pain or symptoms within the previous 6 weeks.
- Pain intensity e4/10 on the Numeric Rating Scale during loading activity.
- Ability to comply with the 4-week intervention and 16-week follow-up assessments.

... and 1 more (see full listing online)

Exclusion (5)

- Fredericson grade 4 or evidence of a fracture line on MRI. Bone marrow edema secondary to infection, tumor, or systemic inflammatory disease.
- History of recent fracture, surgery, or intra-articular injection in the affected limb within 12 weeks.
- Prior exposure to Functional Magnetic Stimulation or Extracorporeal Shockwave Therapy within 8 weeks before enrollment.
- Presence of metallic implants, pacemaker, or other contraindications to magnetic stimulation.
- Pregnancy or breastfeeding. Use of systemic corticosteroids or medications affecting bone metabolism. Any neurological, metabolic, or cardiovascular condition interfering with safe participation.

Locations (1 total)

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