

# Eight-week Sports Injury Prevention Program

NCT07270614

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Princess Nourah Bint Abdulrahman University
Enrollment	30 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Female athletes aged 18-35 years
- Actively participating in organized sports in Saudi Arabia
- Minimum of one year of continuous experience in their sport
- Currently engaged in regular training and/or competition
- Able to perform physical activity safely as confirmed by self-report
- ... and 1 more (see full listing online)

### Exclusion (5)

- Any recent injury within the past six months that limits performance
- Pregnancy at the time of enrollment
- Diagnosis of a chronic medical condition that may affect performance (e.g., uncontrolled diabetes, uncontrolled hypertension)
- Any condition that could interfere with safe participation in physical testing or training
- Refusal or inability to provide informed consent

## Locations (1 total)

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PNU- Students gym, Riyadh, Riyadh Region, Saudi Arabia