

# Effect of Manual Lymphatic Drainage on Muscle Fatigue in Female 11-a-side Football Players

NCT07274033

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Camilo Jose Cela University
Enrollment	11 participants

## Key Eligibility Criteria

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### Inclusion (7)

- Female athletes actively participating in 11-a-side football, either federated or official team members.
- Age e 16 years to 20 years old.
- Regular training (e 3 sessions per week) or active competition
- No food intake within 3 hours prior to evaluation (to standardize the influence of digestion on performance).
- No acute lower limb injury in the past 3 months.

... and 2 more (see full listing online)

### Exclusion (6)

- History of deep vein thrombosis
- Decompensated heart failure
- Active lower limb infection
- Pregnancy
- Recent lower limb surgery (< 3 months), or any medical contraindication to receiving manual lymphatic drainage (MLD).

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

## Locations (1 total)

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University of Camilo José Cela, Madrid, Spain