

Investigation of the Effects of Kettlebell Training

NCT07289893

Status	RECRUITING
Phase	Not Applicable
Sponsor	Hacettepe University
Enrollment	38 participants

Key Eligibility Criteria

Inclusion (8)

- Individuals who are willing to participate and have been doing licensed/unlicensed amateur or professional sports for at least 3 years,
- Individuals with Tegner Activity Scale e 5,
- A history of shoulder pain of at least 6 weeks,
- At least 3 points measured using the 0 to 10 point Numerical Pain Scale (NPS),
- Shoulder pain that worsens with resisted shoulder flexion, abduction or external rotation,
- ... and 3 more (see full listing online)

Exclusion (11)

- History of fracture and/or surgery in the shoulder area,
- Adhesive capsulitis,
- Those with passive joint range of motion deficit,
- Individuals with a positive Apprehension Test and/or Sulcus Sign test and multidirectional shoulder instability,
- Numbness or tingling in the upper extremity with cervical compression test or upper extremity compression test,
- ... and 6 more (see full listing online)

Locations (2 total)

Hacettepe University, Ankara, Turkey (Türkiye)
Fenerbahçe University, Istanbul, Turkey (Türkiye)