

The Acute Effects of Core Stabilization Exercises on Balance and Upper Extremity Functional Performance in Archers

NCT07338760

Status	RECRUITING
Phase	Not Applicable
Sponsor	Atlas University
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (4)

- Have been involved in licensed archery for at least 1 year
- Be willing to participate in the program (both the athlete and their parent/guardian)
- Be an athlete without any illness or disability that prevents participation in sports (as determined by a current medical report submitted to the club for licensing purposes)
- Be able to read and write

Exclusion (8)

- Those with diagnosed mental or cognitive problems
- Those who have undergone orthopedic surgery or received intra-articular steroid treatment within the last 6 months
- Those with a diagnosed medical condition that could affect balance and shooting performance
- Those with instability issues and associated joint movement restrictions
- Those with acute muscle spasms and pain complaints
- ... and 3 more (see full listing online)

Locations (1 total)

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