

# Physiological and Biochemical Responses to Blood Flow Restriction Training

NCT07340385

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Status	RECRUITING
Sponsor	Afyonkarahisar Health Sciences University
Enrollment	30 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Voluntary participation of healthy adults
- Age between 18 and 40 years
- No history of orthopedic pathology or current symptoms affecting the lower extremities
- For individuals with prior training experience: engagement in strength training at least two days per week for the past year across different sports disciplines
- For individuals new to strength training: no regular participation in strength training within the past six months

### Exclusion (3)

- History of hypertension, cardiovascular diseases, peripheral vascular diseases, deep vein thrombosis, neurological disorders, obesity, or a diagnosis of diabetes
- Current or previous diagnosis of cancer
- Individuals who do not consent to participate in the study

## Locations (1 total)

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Afyonkarahisar Health Sciences University, Afyonkarahisar, Merkez, Turkey (Türkiye)