

Velocity-Based Resistance Training in Kidney Transplant Recipients

NCT07370727

Status	RECRUITING
Phase	Not Applicable
Sponsor	Fundación Universitaria del Area Andina
Enrollment	12 participants

Key Eligibility Criteria

Inclusion (5)

- Men and women aged 18 to 50 years.
- Kidney transplant performed \leq 12 months before enrollment.
- Stable graft function in the previous 6 months (serum creatinine $<$ 1.5 mg/dL, no rejection episodes).
- Written medical clearance from a nephrologist to perform moderate-to-vigorous physical activity.
- Signed informed consent.

Exclusion (6)

- Active autoimmune disorders.
- Recent coronary disease (\leq 6 months).
- Severe musculoskeletal limitations incompatible with resistance training.
- Diagnosis of diabetes mellitus (pre- or post-transplant).
- Current active infection.

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

Locations (1 total)

Colombia, Bogotá, Bogota D.C., Colombia