

Effects of Lower Body EMS Training in Postmenopausal Women

NCT07385534

Status	RECRUITING
Phase	Not Applicable
Sponsor	Seoul National University
Enrollment	39 participants

Key Eligibility Criteria

Inclusion (5)

- Post-menopausal women (defined as cessation of menstruation for at least 12 months).
- Aged between 50 and 70 years.
- Sedentary lifestyle (no participation in regular resistance training programs within the last 6 months).
- Able to perform lower body resistance exercise with LB-EMS suit.
- Willing to participate in the study and provide informed consent.

Exclusion (5)

- Contraindications for WB-EMS: Presence of implanted electrical devices (e.g., pacemakers, defibrillators), severe bleeding disorders (e.g., hemophilia), abdominal/inguinal hernia, or history of surgery within the last 6 months (including stent insertion).
- Severe Chronic Diseases: Diagnosis of severe cardiovascular (e.g., MI, heart failure, arrhythmia), renal, neurological (e.g., epilepsy), or oncological diseases (currently undergoing treatment).
- Uncontrolled Cardiovascular Conditions: Uncontrolled hypertension or severe arterial circulatory disorders.
- Confounding Medications: Current use of hormone replacement therapy (HRT) for menopause or medications for severe psychiatric disorders (e.g., depression, anxiety).
- Acute Conditions & Others: Acute infection/inflammation, influence of alcohol/drugs, or any other condition deemed unsuitable by the investigator.

Locations (1 total)

Seoul National University, Seoul, Seoul, South Korea