

Diaphragmatic Kinesio Taping With HIIT in Trained Individuals

NCT07390721

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | Agri Ibrahim Cecen University |
| Enrollment | 30 participants |

Key Eligibility Criteria

Inclusion (8)

- Aged 18-35 years
- Male or female trained individuals
- At least 6 months of regular training history
- Training at least 3-5 days per week
- Estimated $\dot{V}O_{2\max}$ \geq 50 ml/kg/min
- ... and 3 more (see full listing online)

Exclusion (6)

- History of cardiovascular, respiratory, or metabolic disease (e.g., asthma, COPD, diabetes, heart disease)
- Major musculoskeletal injury or surgery within the past 6 months
- Any pathology affecting diaphragm or respiratory muscles
- Active smoking or substance abuse
- Use of performance-enhancing drugs
- ... and 1 more (see full listing online)

Locations (1 total)

Bursa Uludag University, Bursa, A r1, Turkey (Türkiye)