

Isometric Strength and Joint Mobility Profile in Elite Artistic Swimmers Across Competitive Categories

NCT07419412

Status RECRUITING
Sponsor University of Vigo
Enrollment 45 participants

Key Eligibility Criteria

Inclusion (4)

- Elite artistic swimmers selected for the Spanish National Artistic Swimming Team (Infant, Junior, or Senior categories).
- Age consistent with the competitive category: Infant 14-16 years, Junior 16-18 years, Senior e18 years.
- Attendance at the national team training camp where the assessments are performed.
- Voluntary participation with written informed consent (and assent/parental or legal guardian consent for minors).

Exclusion (3)

- Acute musculoskeletal or joint injury affecting the tested regions (shoulder, hip, elbow, knee) at the time of assessment.
- Chronic, previous, or any other condition that may limit participation or bias the measurements.
- Inability to attend the assessment session(s) during the training camp.

Locations (1 total)

University of Vigo, Pontevedra, Spain