

# Isometric and Isotonic Hand Strengthening in Competitive Female Badminton Athletes

NCT07438522

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	32 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Female badminton athletes
- Age between 18-30 years
- Right-hand dominant
- Minimum 2 years of competitive badminton experience

### Exclusion (4)

- History of upper limb injury in last 6 months
- Cardiovascular or metabolic disorder limiting exercise
- Medication affecting muscle performance
- Current upper limb rehabilitation program participation

## Locations (1 total)

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Punjab Sports Board, Lahore, Punjab Province, Pakistan