

Effect of Combined Active Recovery and Foam Rolling on Blood Lactate, Heart Rate, and Reducing Muscle Pain After Simulated Competition

NCT07439523

Status	RECRUITING
Phase	Not Applicable
Sponsor	Surabaya State University
Enrollment	20 participants

Key Eligibility Criteria

Inclusion (4)

- Male university athletes specializing in 400-meter sprint.
- Age between 18 and 23 years.
- Currently training regularly and free from musculoskeletal injuries.
- Willing to provide written informed consent

Exclusion (4)

- History of cardiovascular, metabolic, or musculoskeletal disorders.
- Use of performance-enhancing drugs or supplements in the past 3 months.
- Inability to perform maximal sprint due to injury or other medical conditions.
- Refusal or inability to provide written informed consent.

Locations (1 total)

Universitas Negeri Surabaya - Athletics Track, Surabaya, East Java, Indonesia