

The Comparison of Different Passive Warm-Up Methods Prior to Exercise

NCT07454551

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | Istanbul University - Cerrahpasa |
| Enrollment | 100 participants |

Key Eligibility Criteria

Inclusion (4)

- Age 18-35 years
- Healthy young adults
- No alcohol 12 hours prior to testing
- No smoking 30 minutes prior to testing

Exclusion (6)

- Active musculoskeletal disorder
- Orthopedic diagnosis in past 6 months
- Lower extremity or spinal fracture or surgery within last 2 years
- Use of any assistive device for gait
- Intra-articular injections in knee, hip, spine within last 6 months
- ... and 1 more (see full listing online)

Locations (1 total)

Istanbul University-Cerrahpa_a Faculty of Health Sciences, Istanbul, Turkey (Türkiye)