

Myofascial Release Combined With FIFA 11+: Effects on Hamstring Flexibility and Injury Risk

NCT07484698

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	28 participants

Key Eligibility Criteria

Inclusion (3)

- Male football players aged 16-30 years.
- Able to comply with a 6-week FIFA 11+ program.
- Provide informed consent.

Exclusion (7)

- Acute or chronic hamstring injury.
- Recent major surgery of the lower limb or ongoing rehab plan.
- Inability to safely perform exercises included in the FIFA 11+ program.
- Non-compliance with baseline assessments or the training schedule.
- Current musculoskeletal injuries affecting lower limb function.

... and 2 more (see full listing online)

Locations (1 total)

Riphah international University Malakand Campus, Chakdara, KPK, Pakistan