

# Comparison of the Effects of Selected Training Methods and SIS Stimulation on Balance, Motor Tests, and Strength

NCT07492732

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**Status** RECRUITING  
**Sponsor** Gdansk University of Physical Education and Sport  
**Enrollment** 30 participants

## Key Eligibility Criteria

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### Inclusion (3)

- Healthy individuals aged 19-40,
- Without injuries,
- Physically active persons, athletes.

### Exclusion (7)

- periods of peak training load specific to the athlete's discipline,
- evidence of overload-related pathology in the knee, hip, or lumbosacral joints,
- the presence of any pain symptoms,
- clinically relevant muscle fatigue or indicators of overtraining,
- engagement in strength-based sports within several weeks preceding competition,
- ... and 2 more (see full listing online)

## Locations (1 total)

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Gdansk University of Physical Education and Sport, Gdansk, Poland