

Influence of Abdominal Muscle Function on Knee Stability for Injury Prevention

NCT07499973

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | European University of Madrid |
| Enrollment | 35 participants |

Key Eligibility Criteria

Inclusion (5)

- Female participants
- Age between 18 and 35 years
- Performing regular physical activity e 6 hours per week.
- Able to complete all assessment procedures (Prone Bridge Test, Lateral Squat Down, Y-Balance Test, Drop Vertical Jump).
- Willing to comply with the 8-week study procedures (training program or control condition)

Exclusion (6)

- Current musculoskeletal injury affecting the lower limbs, trunk, or spine
- History of surgery in the lower limbs or spine in the past 12 months
- Known neurological, cardiovascular, or systemic conditions that may interfere with physical testing
- Pregnancy
- Participation in any structured core-strengthening program during the study period
- ... and 1 more (see full listing online)

Locations (1 total)

Universidad Europea de Madrid, Villaviciosa de Odón, Madrid, Spain