

Informed Consent Form

Clinical Trial: FIS-2024-01

Version 2.1

NCT number: NCT06477822

Date: May 25th, 2026

Official Title of the study: Effect of a sequence of manual therapy techniques on the autonomic nervous system in healthy adults.

We have requested your participation in a research study. Before deciding whether to participate, it is important that you understand the reasons for conducting the research, how your information will be used, what the study will involve, and the possible benefits, risks, and inconveniences.

If you are participating in another study, you must inform the responsible investigator to determine whether you can participate in this one. A patient may only participate in one clinical study.

Participation is voluntary. If you decide not to participate or wish to withdraw, you may do so at any time.

WHY IS THIS STUDY BEING CONDUCTED?

The objective of this study is to determine whether the use of our manual therapy protocol is useful for regulating autonomic nervous system activity.

WHAT DOES PARTICIPATION INVOLVE?

This is a single-session study. Participants will attend one visit, during which manual therapy or simulated intervention will be applied. Cardiac, pulmonary and vascular data will be recorded.

RISKS

No risks have been observed associated with the techniques used.

BENEFITS

Participation may contribute to scientific knowledge but no direct benefit is guaranteed.

CONFIDENTIALITY

Data will be handled according to applicable data protection laws and ethical principles.

CONTACT INFORMATION

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CONSENT

I have read and understood the information provided and agree to participate voluntarily.

Participant Signature:

Date:

Investigator Signature:

Date: