

Neck and Low Back Pain in Medical Students at The University of the West Indies, Mona, Jamaica

NCT03707288

Status	RECRUITING
Phase	Not Applicable
Sponsor	The University of The West Indies
Enrollment	1,000 participants

Key Eligibility Criteria

Inclusion (3)

- All students enrolled in the medical program at the University of the West Indies, Mona Campus, Jamaica during the period October 1, 2018 to January 2, 2026.
- Individuals who express a willingness to consent to the study.
- Individuals who express a willingness to adhere to the standardised exercise program for the stipulated period.

Exclusion (3)

- Individuals with a history of having spine surgery.
- Individuals who were previously diagnosed with spine pathology and currently receiving rehabilitation therapy.
- Individuals who express an unwillingness to participate in the study.

Locations (2 total)

Faculty of Medical Sciences Teaching and Research Complex, The University of the West Indies, University Hospital of the West Indies, Kingston, Kingston, Jamaica

Faculty of Medical Sciences Teaching and Research Complex, University of The West Indies-Mona Campus, Kingston, Jamaica