

How is Aerobic Exercise Compared to Localized Pain Relief Exercises in Patients With Jaw Pain and Neck Pain?

NCT05232604

Status	RECRUITING
Phase	Not Applicable
Sponsor	Hochschule Osnabrück
Enrollment	42 participants

Key Eligibility Criteria

Inclusion (5)

- Be between 18-60 years of age
- Be diagnosed with idiopathic chronic neck pain as described the IASP and/or presence of temporomandibular disorders identified by DC/TMD screening
- Have pain in the neck or jaw area for at least 3 months (chronic pain)
- Have pain not attributable to recent acute trauma, previous infection, or to an active inflammatory cause in the last month
- Have a moderate or severe baseline pain score of 30mm or greater using a 100mm VAS

Exclusion (4)

- Present red flags for serious pathologies related to neck pain or jaw pain
- Report comorbidity functional chronic pain disorders (e.g., fibromyalgia)
- Have been diagnosed with psychiatric disorders (e.g., depression, schizophrenia)
- Have received therapy within 3 months prior to entry into the study

Locations (1 total)

Hochschule Osnabrück - University of Applied Sciences, Osnabrück, Lower Saxony, Germany