

The Effect of Progressive Muscle Relaxation Exercises on Pain and Disability After Spinal Surgery

NCT05253326

Status	RECRUITING
Phase	Not Applicable
Sponsor	Istanbul Medeniyet University
Enrollment	70 participants

Key Eligibility Criteria

Inclusion (5)

- Having undergone spinal surgery (such as Discectomy, Laminectomy, Spinal fusion, Foraminotomy),
- years of age or older
- Agreeing to apply progressive relaxation exercises and willing and willing to participate in the study,
- Having no medically diagnosed health problems (neurological, psychiatric, orthopedic) that will prevent learning and practicing progressive muscle relaxation exercises,
- Patients who do not know and practice progressive relaxation exercises before will be included in the study.

Exclusion (4)

- Patients who will undergo emergency surgery,
- Do not want to apply progressive relaxation exercises,
- Do not apply them as desired during the working process,
- Those have health problems (neurological, psychiatric, orthopedic) that may affect their ability to do the exercises

Locations (1 total)

Sultan 2. Abdülhamid Han Training and Research Hospital, Istanbul, Üsküdar, Turkey (Türkiye)