

IMPOWR-ME Project 1: Trial of Yoga and Physical Therapy Onsite at Opioid Treatment Programs

NCT05492825

Status	RECRUITING
Phase	Not Applicable
Sponsor	Albert Einstein College of Medicine
Enrollment	180 participants

Key Eligibility Criteria

Inclusion (6)

- age ≥18 years old
- English or Spanish proficiency (i.e., be able to participate in study interventions and interviews in English or Spanish)
- receiving methadone or buprenorphine treatment for OUD in the Montefiore OTP network for at least 12 weeks, with no dose change in 14 days
- Chronic low or mid back pain, with at least moderate pain severity (score of ≥4 on the Pain, Enjoyment of Life and General Activity (PEG) Scale)
- Willingness to participate in all study components
- ... and 1 more (see full listing online)

Exclusion (4)

- severe disabling conditions that could make participation in yoga or PT hazardous (e.g., spinal canal stenosis; severe scoliosis; vertebral fracture, history of spine surgery, or joint surgery in the past six months; severe or progressive neurological deficits, or cardiovascular or neurological disease requiring hospitalization in the past six months; unable to stand for at least 60 seconds; regular use of a wheelchair or motorized scooter, or regular use of a walker and inability to walk at least 4 steps without it; 3 or more falls in the prior year with at least one being non-mechanical;; or other severe disabling conditions deemed by the study clinician or MPI to preclude safe or adequate participation in the study)
- acute exacerbation of psychiatric conditions that preclude the ability to participate in the study (e.g., acute mania, active suicidality/homicidality, psychosis)
- cancer pain related to malignancy
- yoga practice or PT in the prior 60 days

Locations (1 total)

Montefiore DoSA Wellness Centers, The Bronx, New York, United States

<https://clinicaltrials.gov/study/NCT05492825>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at ClinicalTrials.gov. Generated by ClinicalTrialsFinder.org.