

The Impact of Innovative Technology Strategies on Implementing Exercise Programs Using Fully Immersive Virtual Reality for Postpartum Women

NCT05921747

Status	RECRUITING
Phase	Not Applicable
Sponsor	Shalamar Institute of Health Sciences
Enrollment	34 participants

Key Eligibility Criteria

Inclusion (2)

- Postpartum women with acute and chronic lumbopelvic pain.
- Primary parous & multiparous women.

Exclusion (6)

- Postpartum women with nausea, dizziness and blurred vision, high risk pregnancies.
- Structural disorder of spinal alignment (Scoliosis, kyphosis, lordosis)
- Traumatic/ Inflammatory / Infectious Conditions
- Diagnosed stress / depression
- History of spinal, pelvic, or femur surgery or previous fracture, neoplasm
- ... and 1 more (see full listing online)

Locations (1 total)

Shalamar School of Allied Health Sciences, Lahore, Punjab Province, Pakistan