

# Yoga for Patients with Chronic BACK Pain and Poor PROgnosis

NCT05953155

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Federal University of Minas Gerais
<b>Enrollment</b>	110 participants

## Key Eligibility Criteria

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### Inclusion (3)

- report chronic nonspecific LBP, defined as pain and discomfort localized below the costal margin and above the inferior gluteal folds, with or without leg pain and of at least 3 months' duration.
- score e 50 points (out of 100) in the Orebro Musculoskeletal Pain Questionnaire.
- have an average back pain intensity of 3 points or more on a 0-10 numerical pain rating scale.

### Exclusion (8)

- serious spine pathology (e.g. tumors, fractures, and inflammatory diseases).
- nerve root compromise (i.e. at least 2 of the following signs: weakness, reflex change, or sensation loss associated with the same spinal nerve).
- previos spinal surgery.
- pregnancy or having given birth within the previous 3 months.
- any medical condition that prevented being physically active (e.g., serious cardiovascular, kidney or neurological diseases).
- ... and 3 more (see full listing online)

## Locations (1 total)

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IPSEMG - Instituto de Previdência dos Servidores do Estado de Minas Gerais, Belo Horizonte, Minas Gerais, Brazil