

Exercise in Postconcussion Symptoms and Posttraumatic Headache

NCT06015451

Status	RECRUITING
Phase	Not Applicable
Sponsor	St. Olavs Hospital
Enrollment	100 participants

Key Eligibility Criteria

Inclusion (5)

- Age 18-65 years
- Having sustained a minimal head injury or mild traumatic brain injury at least 2 weeks ago.
- At least one postconcussion symptoms, of at least moderate degree, occurring within the first week after the head injury.
- Intolerance for physical activity (self-reported and measured; including symptom exacerbation later on the test day).
- Capable of giving informed consent.

Exclusion (5)

- More than 2 years since last injury.
- The symptoms are better explained by other conditions.
- Severe communication problems, typically due to poor knowledge of Norwegian.
- Severe psychiatric, neurological, somatic, or substance abuse disorders that will make it problematic to function in a group and/or will complicate follow-up and outcome assessment.
- Safety concerns according to the study medical checklist.

Locations (1 total)

St. Olavs Hospital, Clinic of Rehabilitation, Trondheim, Norway