

Effectiveness of Adding Pilates Exercises to Sports Hernia Rehabilitation: a Comparative Clinical Trial

NCT06471725

Status	RECRUITING
Phase	Not Applicable
Sponsor	Cairo University
Enrollment	94 participants

Key Eligibility Criteria

Inclusion (3)

- Participants had to be between 18 and 45 years old,
- have had sports hernia for two to ten weeks
- be willing and able to attend and stick to the Pilates exercise program for the trial's entire duration

Exclusion (4)

- patients with preexisting injuries or conditions that could affect Pilates exercise participation
- those with contraindications or exacerbating conditions from such exercises.
- currently participating in other intensive exercise or rehabilitation programs
- inability to give informed consent due to cognitive or communicative issues.

Locations (1 total)

Faculty of physical therapy, Delta university for science and technology, Al Mansurah, Dakahlia Governorate, Egypt