

# Efficacy of a Home-based Stretching Program on Fibromyalgia Symptoms: a Randomised Controlled Trial

NCT06487741

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University College of Northern Denmark
<b>Enrollment</b>	58 participants

## Key Eligibility Criteria

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### Inclusion (2)

- individuals diagnosed with fibromyalgia in accordance with the ACR 2016 diagnostic criteria.
- individuals diagnosed with chronic non-malignant pain or individuals diagnosed with chronic widespread pain (including fibromyalgia syndrome) are also included when they meet the ACR 2016 diagnostic criteria.

### Exclusion (4)

- Non-controlled systemic disorders (such as hypertension, diabetes and coronary insufficiency),
- neurological conditions that impair alertness or comprehension, musculoskeletal conditions that could compromise assessments (such as nerve root compression or knee joint inflammation),
- relevant joint disorders (such as severe arthritis, arthroplasty of the hip or knee, and rheumatoid arthritis),
- recent changes in therapy for fibromyalgia (i.e., within four weeks of baseline).

## Locations (1 total)

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University College of Northern Denmark, Aalborg, Denmark