

Myofascial Release Technique in Women With Primary Dysmenorrhea

NCT06492148

Status	RECRUITING
Phase	Not Applicable
Sponsor	Gazi University
Enrollment	36 participants

Key Eligibility Criteria

Inclusion (3)

- Diagnosed with Primary Dysmenorrhea according to the Primary Dysmenorrhea Consensus Guide,
- Having regular menstruation in the last 6 months (28 ± 7 days)
- Those who had menstrual pain between 40 mm and 100 mm according to the Visual Analogue Scale (VAS) in the last 6 months

Exclusion (8)

- Diagnosed with Secondary Dysmenorrhea,
- Having given birth,
- Those with serious gastrointestinal, urogynecological, or autoimmune diseases or other chronic pain syndromes,
- Undergoing urogynecological surgery,
- Those who are pregnant or suspected of pregnancy,
- ... and 3 more (see full listing online)

Locations (1 total)

Department of Physiotherapy and Rehabilitation, Faculty of Health Sciences, Gazi University, Ankara, Turkey (Türkiye)