

Investigation of the Effect of Manual Therapy and Pelvic Floor Exercises on Pelvic Floor Muscles

NCT06494917

Status	RECRUITING
Phase	Not Applicable
Sponsor	Istanbul Arel University
Enrollment	44 participants

Key Eligibility Criteria

Inclusion (5)

- Constipation in the last 6 months
- Being able to use smartphones and social media (whatsapp and instagram)
- Not having a health problem that prevents exercise
- Able to communicate
- Literate

Exclusion (7)

- Not had constipation in the last 6 months
- Pregnancy or recent pregnancy
- had surgery
- having a tumour
- Having vertigo Taking medication (use of bowel-regulating drugs)
- ... and 2 more (see full listing online)

Locations (1 total)

Cizre Dr Selahattin Cizrelioglu State Hospital, ^1rnak, Turkey (Türkiye)