

Self-Myofascial Release of the Upper Cervical Muscles

NCT06529991

Status	RECRUITING
Phase	Not Applicable
Sponsor	Edward Via Virginia College of Osteopathic Medicine
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (1)

- Adults 19 years of age and older from VCOM-Auburn and the Auburn area.

Exclusion (14)

- pain that alters gait and/or limits/alters normal daily function
- currently undergoing treatment by a healthcare provider
- loss of function
- use of prescription drugs for muscle or muscle relaxants
- Pregnancy (hormonal changes affecting tissues could be a confounding variable)
- ... and 9 more (see full listing online)

Locations (1 total)

Edward Via College of Osteopathic Medicine-Auburn, Auburn, Alabama, United States