

The Effect of Hamstring Stretching on Lumbar Muscle Activation in Officers

NCT06540053

Status	RECRUITING
Phase	Not Applicable
Sponsor	Istanbul University - Cerrahpasa
Enrollment	50 participants

Key Eligibility Criteria

Inclusion (5)

- Individuals aged between 20 and 50 years
- Who are office workers
- Spending at least 5 hours daily sitting at a desk
- Willing to participate in the study
- And classified as physically inactive according to the International Physical Activity Short Form

Exclusion (6)

- Individuals with a history of lumbar spine and knee surgery within the last 6 months
- A history of any hamstring muscle injury within the last 6 months
- Presence of osteoporosis
- Concurrent mental, metabolic, rheumatologic, neuromuscular, cardiovascular, or pulmonary conditions
- Currently pregnant
- ... and 1 more (see full listing online)

Locations (1 total)

Istanbul University-Cerrahpasa, Istanbul, Turkey (Türkiye)