

# Effectiveness of Airrosti and TheraBand Exercises on Double-Crossed Syndrome in Smart Phone User's Shoulder

NCT06644222

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| Status     | RECRUITING         |
| Phase      | Not Applicable     |
| Sponsor    | Majmaah University |
| Enrollment | 60 participants    |

## Key Eligibility Criteria

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### Inclusion (1)

- young female participants with rounded shoulder postures. Participants aged between 18 and 25 years. No history of shoulder trauma, current shoulder pathology, thoracic scoliosis, and kyphosis deformity.

### Exclusion (1)

- Participants excluded if they received any other form of medical treatment or have thoracic scoliosis or kyphosis deformity.

## Locations (1 total)

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Majmaah University, Al Majma'ah, Alriyadh, Saudi Arabia