

Comparative Effects Of Dynamic And Static Stretching In Postmenopausal Females With Knee Osteoarthritis

NCT06658327

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	58 participants

Key Eligibility Criteria

Inclusion (5)

- Age 50 to 65
- Diagnosed patients of OA with grade 3
- Multiparous (5 children)
- Fertile females
- Pain greater than 6 on NPRS

Exclusion (4)

- BMI \gt 30
- Early menarche \leq 10 or 11 years.
- Cancer i.e breast cancer ,Ovrian cancer
- Any bone deformity before menopause i.e limb length discrepancy, angulation

Locations (1 total)

Mafaza-Tul-Hayat Hospital, Lahore, Punjab Province, Pakistan