

Comparison of the Effectiveness of Different Exercise Types in Individuals with Chronic Neck Pain

NCT06697457

Status	RECRUITING
Phase	Not Applicable
Sponsor	Mu la S1tk1 Koçman University
Enrollment	48 participants

Key Eligibility Criteria

Inclusion (6)

- Being between the ages of 18 and 55,
- Scoring 15/50 or less on the Neck Disability Index,
- Having a history of chronic neck pain for at least 3 months,
- Having a pain level of 5/10 or more,
- Showing signs of cervical movement control dysfunction,
- ... and 1 more (see full listing online)

Exclusion (9)

- Being diagnosed with a vascular disease,
- Being diagnosed with a vestibular disease,
- Being diagnosed with hypertension,
- Being diagnosed with fibromyalgia or rheumatoid arthritis,
- Having had spine surgery in the last 12 months,
- ... and 4 more (see full listing online)

Locations (1 total)

Mugla Education and Research Hospital, Mu la, Mente_e, Turkey (Türkiye)