

# Aerobic Exercise and Its Impact on Sensory, Musculoskeletal, and Psychosocial Aspects in Migraine

NCT06716489

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Sao Paulo
Enrollment	100 participants

## Key Eligibility Criteria

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### Inclusion (3)

- Women aged between 18 and 48 years.
- Diagnosed with migraine by an experienced neurologist specialized in headaches, following the criteria of the International Classification of Headache Disorders (ICHD).
- Frequency of headache between 3 and 8 days per month, to ensure adherence to the treatment.

### Exclusion (8)

- Presence of any other type of concurrent headache.
- Medical conditions affecting sensitivity and autonomic modulation, such as peripheral neuropathies, autonomic disorders, severe neurological diseases, and others.
- Conditions that prevent physical activity, such as severe musculoskeletal injuries, cardiovascular diseases, or related conditions.
- Premature ovarian failure.
- Regular physical exercise in the past year.

... and 3 more (see full listing online)

## Locations (1 total)

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Ribeirão Preto Medical School - University of São Paulo (FMRP-USP), Ribeirão Preto, São Paulo, Brazil