

Effects of Reformer Pilates in Pregnant Women

NCT06777771

Status	RECRUITING
Phase	Not Applicable
Sponsor	Izmir Democracy University
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (6)

- Single pregnancy
- Primiparous pregnancy
- Adult pregnant women (between 18-35 years old)
- Pregnant women whose gestational week is 11-22 weeks
- Pregnant women with a body mass index ≤ 30
- ... and 1 more (see full listing online)

Exclusion (5)

- Multiple pregnancies
- Having a history of abdominal surgery
- Having one of the conditions in which exercise is contraindicated, such as heart disease, severe lung disease, continuous bleeding in the second and third trimesters, placenta previa, risk of premature birth, rupture of membranes, preeclampsia, severe anemia
- Not volunteering to participate in the study
- Not participating in more than 90% of the training sessions

Locations (1 total)

Izmir Democracy University, Izmir, Konak, Turkey (Türkiye)