

Effects of GPR with K-Stretch Hammock on Posture and Musculoskeletal Discomfort

NCT06820073

Status	RECRUITING
Phase	Not Applicable
Sponsor	Universidad San Jorge
Enrollment	32 participants

Key Eligibility Criteria

Inclusion (3)

- Be a university administrative or technical staff member over 18 years old who works in a seated position during the workday.
- Have at least one year of experience in the current position.
- Present nonspecific cervical and/or lumbar musculoskeletal discomfort.

Exclusion (3)

- Be pregnant or breastfeeding.
- Have a diagnosed condition that prevents participation in an RPG session using the K-Stretch hammock.
- Participate in activities involving RPG and/or back health programs.

Locations (1 total)

Universidad San Jorge, Zaragoza, Zaragoza, Spain