

Effects of Schroth-Based Exercise on Kyphosis Angle, Muscle Strength, Balance, Pain, and Quality of Life in Hyperkyphosis With Chronic Neck Pain

NCT06835608

Status	RECRUITING
Phase	Not Applicable
Sponsor	Baskent University
Enrollment	52 participants

Key Eligibility Criteria

Inclusion (6)

- Thoracic kyphosis angle \geq 45 degrees,
- Aged between 20 and 50 years,
- Have neck pain for more than 3 months,
- Neck pain visual analogue scale \geq 3,
- Not being treated for postural kyphosis in the last 6 months,
- ... and 1 more (see full listing online)

Exclusion (3)

- History of trauma or surgery on spinal joints,
- Participants with rheumatological and metabolic disorders,
- Participants with congenital postural deformity and scoliosis

Locations (1 total)

Baskent University Umitkoy Outpatient Clinic, Ankara, Çankaya, Turkey (Türkiye)