

# Effects of Hatha Yoga and Reformer Pilates on Hyperkyphosis

NCT06846697

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

## Key Eligibility Criteria

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### Inclusion (2)

- Postural hyperkyphosis
- Not receiving physiotherapy in the last 6 months

### Exclusion (10)

- Exercise is not indicated
- Communication problems
- Having a concomitant orthopaedic disorder
- The presence of a concomitant neurological disorder
- Presence of concomitant cardiopulmonary disease
- ... and 5 more (see full listing online)

## Locations (1 total)

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Betül TA^PINAR, Konak, 0 zmi r, Turkey (Türkiye)