

Baduanjin With Resistance Training Program

NCT06853132

Status	RECRUITING
Phase	Not Applicable
Sponsor	Yale University
Enrollment	110 participants

Key Eligibility Criteria

Inclusion (5)

- Patients diagnosed with LDH and OP based on the chart and clinical diagnostic criteria.
- Age of female patients e 45 years age of male patients e 50 years.
- Visual analogue scale (VAS) e 3 points.
- Surgical operation will be performed during the 7-day admission period.
- Mandarin speakers.

Exclusion (3)

- Severe primary diseases: ulcerative colitis, gastrointestinal bleeding, pancreatitis, lung cancer, pneumonia, acute respiratory distress syndrome or psychosis, depression, anxiety or substance abuse, identified by diagnosis and interview.
- Current engagement in regular physical activity routines over the past 3 months: aerobic exercises for at least 30 minutes, at least 3 times per week.
- Taken drugs within 3 months before enrollment: bisphosphonates, glucocorticoids, calcitonin, anticonvulsant drugs, heparin, etc.

Locations (1 total)

Second Xiangya Hospital, Changsha, Hunan, China