

Comparison of Exercise With & Without Bracing in Office Workers With Kyphosis

NCT06867003

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	36 participants

Key Eligibility Criteria

Inclusion (4)

- Office workers diagnosed with Postural Kyphosis
- age limit 30 to 45years
- Experience of upper back or neck pain lasting at least three months
- Spend a minimum of 6 hours per day in a seated position for work.

Exclusion (2)

- History of spinal surgery, severe scoliosis, or other significant spinal deformities.
- Current engagement in any structured physical therapy program or use of bracing for posture. Any neurological or musculoskeletal disorders impacting posture or movement.

Locations (1 total)

Riphah international University malakand campus, Malakand, KPK, Pakistan