

# Effects of Feldenkrais Exercises in Knee Osteoarthritis Patients

NCT06875817

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|-------------------|---------------------------------|
| <b>Status</b>     | RECRUITING                      |
| <b>Phase</b>      | Not Applicable                  |
| <b>Sponsor</b>    | Riphah International University |
| <b>Enrollment</b> | 32 participants                 |

## Key Eligibility Criteria

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### Inclusion (6)

- Age between 40 to 60 years of patients.
  - Both female and male
  - Able to walk for 6 minutes (Timed up-and-go test)
  - Able to rise from floor
  - Grade 2 and 3 of osteoarthritis diagnosed with radiograph (Kellgren and Lawrence classification system)
- ... and 1 more (see full listing online)

### Exclusion (11)

- Tuberculosis, carcinoma, heart disease, and osteoporosis
  - Any trauma or localized infection in the knee joint
  - Hyper flexibility
  - Open sores
  - Ongoing radiotherapy, chemotherapy, steroid therapy, or anticoagulants
- ... and 6 more (see full listing online)

## Locations (1 total)

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RIPHAH Rehabilitation Clinic, Punjab, Pakistan, Lahore, Punjab Province, Pakistan