

Evaluation of a Digital Person-Centered Rehabilitation Program Targeting Physical Activity in Spinal Stenosis Surgery (Get Back)

NCT06935201

Status	RECRUITING
Phase	Not Applicable
Sponsor	Sophiahemmet University
Enrollment	252 participants

Key Eligibility Criteria

Inclusion (1)

- Patients planned for decompression surgery due to central lumbar spinal stenosis

Exclusion (4)

- Patients with malignancy under treatment or with metastases;
- History of neurological or other disorders resulting in severe movement dysfunction;
- Untreated or instable heart conditions that prohibits physical tests;
- Poor understanding of Swedish.

Locations (4 total)

Ryggkirurgiskt centrum Stockholm, Stockholm, Sweden
Södersjukhuset, Stockholm, Sweden
Akademiska sjukhuset, Uppsala, Sweden
... and 1 more locations