

# Investigation of the Acute Effects of Core Stabilization and 360-Degree Breathing Exercises on Balance and Proprioception in Individuals With Non-Specific Low Back Pain

NCT06943898

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Cumhuriyet University
Enrollment	46 participants

## Key Eligibility Criteria

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### Inclusion (2)

- Low back pain persisting for at least 3 months
- No neurological, rheumatological, or musculoskeletal system problems

### Exclusion (7)

- Individuals with neurological, vestibular, or serious orthopedic conditions that may cause physical disability
- Patients with back-leg or dorsolumbar pain due to lumbar disc protrusion or fracture
- Cancer patients
- Individuals with acute infections
- Individuals with respiratory system diseases

... and 2 more (see full listing online)

## Locations (1 total)

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Sivas Cumhuriyet University Faculty of Health Sciences Department of Physiotherapy and Rehabilitation, Sivas, Merkez, Turkey (Türkiye)