

Effects of Feldenkrais Approach in Cases With Forward Head Posture

NCT06968052

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | Istanbul University - Cerrahpasa |
| Enrollment | 60 participants |

Key Eligibility Criteria

Inclusion (3)

- Being between 18-65 years of age
- CVA (cervicovertebral angle) $d50^\circ$ (16,17)
- Spending at least 4 hours of daily desk time 5 days a week

Exclusion (8)

- Having temporomandibular dysfunction
- Having any spinal deformity
- Having cervical trauma or pain treatment within the last 6 months
- Having previously participated in a corrective exercise program
- History of neurological disorder
- ... and 3 more (see full listing online)

Locations (2 total)

Istanbul University-Cerrahpa_a, Istanbul, Buyukcekmece, Turkey (Türkiye)
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