

# Acute Effects of Myofascial Release in Individuals With Text Neck Syndrome

NCT06991387

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Karabuk University
Enrollment	20 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Aged between 18 and 40 years (inclusive)
- Uses a mobile device for e3 hours/day
- Reports at least 3 out of the following 6 symptoms associated with Text Neck Syndrome (TNS):
- Neck pain Shoulder pain Back pain Headache Insomnia Numbness/tingling in hands
- Voluntarily agrees to participate and provides informed consent

### Exclusion (4)

- History of congenital, traumatic, or surgical pathology affecting the cervical -----spine or shoulder region
- Neurological disorders that cause headaches (e.g., migraines due to underlying neurological conditions)
- Presence of inflammatory, infectious spinal diseases, or diagnosed spinal deformities
- Received trigger point injections in the cervical region within the past 6 months

## Locations (1 total)

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Karabük University, Karabük, Karabük Province, Turkey (Türkiye)