

# Water Based Burpee Exercises on Functional Capacity in Postmenopausal Women After Thyroidectomy

NCT07052279

---

Status	RECRUITING
Phase	Not Applicable
Sponsor	Al-Zaytoonah University of Jordan
Enrollment	40 participants

## Key Eligibility Criteria

---

### Inclusion (7)

- Adults aged 54 ± 4 years .
- Postmenopausal women after thyroidectomy
- Body mass index (BMI) ≤ 30 kg/m<sup>2</sup>.
- Absence of osteoarticular dysfunctions in the lower limbs.
- No personal history of cardiovascular disease

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

### Exclusion (5)

- History of Cardiovascular disorders.
- Severe osteoarticular dysfunctions.
- Presence of Water panic.
- Participation in another clinical trial within the last 30 days.
- Neurologic and psychiatric disorders (spina bifida, cerebral palsy, anorexia nervosa, known autism spectrum disorders).

## Locations (1 total)

---

Mohamed Saied Zidan, Cairo, Egypt