

Effects of Menstrual Cycle Phases on Gait, Pelvis, and Sleep

NCT07152262

Status	RECRUITING
Sponsor	Hacettepe University
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (4)

- Female, aged 18-35 years
- Voluntarily agrees to participate and provides informed consent
- Regular menstrual cycle (28 ± 7 days)
- Able to comply with study assessments and procedures

Exclusion (8)

- History of surgery within the past 6 months
- Current or chronic low back pain
- Dysmenorrhea complaints
- Neurological or orthopedic disorders affecting gait or muscle strength
- Presence of spinal deformities
- ... and 3 more (see full listing online)

Locations (1 total)

Yuksekk Ihtisas University, Ankara, Turkey (Türkiye)