

Effectiveness of Exercises Given Along With Ergonomics Training in Construction Workers

NCT07157800

Status	RECRUITING
Phase	Not Applicable
Sponsor	Uskudar University
Enrollment	52 participants

Key Eligibility Criteria

Inclusion (6)

- Male individuals aged 25-55
- Individuals with a visual analog scale score of e 3 and a functional loss that does not completely limit their daily life
- Complaints of back, knee, neck, wrist, or shoulder pain for the last 3 months
- No surgical intervention within the last year
- Working 45 hours or more per week
- ... and 1 more (see full listing online)

Exclusion (3)

- Presence of a respiratory system disease
- Presence of an orthopedic or neurological disease
- Presence of a psychological disorder that may affect pain perception (e.g., depression, anxiety)

Locations (1 total)

Building, Balıkesir, Edremit, Turkey (Türkiye)