

The Effectiveness of Basic Body Awareness Therapy in Individuals With Pes Planus

NCT07229079

Status	RECRUITING
Phase	Not Applicable
Sponsor	Mardin Artuklu University
Enrollment	50 participants

Key Eligibility Criteria

Inclusion (3)

- Aged 18-45 years
- Willing to participate in the study
- Flexible pes planus (Navicular Drop ≥ 10 mm and positive Jack's Toe Raise Test)

Exclusion (11)

- Pain in lower extremity joints
- Obesity (BMI ≥ 30)
- Pregnancy
- Systemic, neuromuscular, or neurological disorders
- Posterior tibial tendon dysfunction (unable to perform heel-rise test)
- ... and 6 more (see full listing online)

Locations (1 total)

Mardin Artuklu University, Mardin, Mardin, Turkey (Türkiye)