

Adherence to Home-Based Exercises in Musculoskeletal Disorders

NCT07261553

Status	RECRUITING
Sponsor	Konya Beyhekim Training and Research Hospital
Enrollment	252 participants

Key Eligibility Criteria

Inclusion (4)

- Be 18 years of age or older
- To have a musculoskeletal disease (degenerative, neurological or orthopedic)
- To be given a home exercise program
- To have cognitive and language functions to communicate, to be a volunteer

Exclusion (4)

- Those with major psychiatric illness
- Those with cognitive dysfunction
- Those with communication disorders, reluctant/reluctant to participate
- Those with any condition other than a primary degenerative, orthopedic, or neurological disease that could significantly affect exercise adherence, including musculoskeletal or systemic disorders (e.g., severe anemia, heart failure, respiratory failure, uncontrolled diabetes, inflammatory rheumatic disease, recent fractures, or active infections).

Locations (1 total)

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