

# Outdoor Horseback Riding and Its Effects on Muscle Strength, Balance, Sleep, and Movement

NCT07286864

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Status	RECRUITING
Sponsor	Istinye University
Enrollment	64 participants

## Key Eligibility Criteria

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### Inclusion (2)

- Age between 18 and 65 years. Regular outdoor horseback riding for at least 6 months (minimum once per week). Voluntary participation and signed informed consent. Healthy individuals without chronic musculoskeletal, cardiovascular, or neurological diseases.
- Cognitive ability to understand instructions and communicate.

### Exclusion (1)

- Any orthopedic, neurological, cardiovascular, or respiratory disease. Diagnosed sleep disorder, anxiety, depression, or other psychiatric conditions. Major surgery within the past 6 months. Pregnancy. Physical or cognitive conditions preventing completion of study protocols. Inability to comply with test procedures or cooperate during assessments.

## Locations (3 total)

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Istinye University, Istanbul, Turkey (Türkiye)  
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