

IASTM and Vibration Effects on Pain, Functionality, and Kinesiophobia in Lumbar Disc Herniation

NCT07293676

Status	RECRUITING
Phase	Not Applicable
Sponsor	Istanbul Medipol University Hospital
Enrollment	45 participants

Key Eligibility Criteria

Inclusion (5)

- Individuals between 30 and 60 years of age
- Individuals diagnosed with lumbar disc herniation at the protrusion level
- Individuals with no cognitive, intellectual, or mental impairments and who are able to express themselves
- Individuals with a VAS score greater than 5
- Individuals experiencing pain for at least 3 months

Exclusion (7)

- Individuals with a history of lumbar surgery
- Individuals who are pregnant
- Individuals who have had a spinal tumor or any other malignancy within the past six months
- Individuals who have received physiotherapy for low back pain within the last six months
- Individuals with orthopedic conditions such as fractures
- ... and 2 more (see full listing online)

Locations (1 total)

Istanbul Medipol University, Istanbul, Turkey (Türkiye)