

# Strengthening Exercises for Humeral Head Depressor Muscles

NCT07309796

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Hacettepe University
Enrollment	27 participants

## Key Eligibility Criteria

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### Inclusion (1)

- Patients scheduled for primary reverse total shoulder arthroplasty Intact teres minor confirmed by physical examination (Hornblower's test) and intraoperative assessment Ability to participate in physiotherapy or a home exercise program

### Exclusion (1)

- Active infection Deltoid muscle insufficiency Inability or unwillingness to comply with randomization Prior shoulder arthroplasty on the same side Unwillingness to participate Inability to read or understand written instructions

## Locations (1 total)

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K1r\_ehir Ahi Evran University, K1r\_ehir, Turkey (Türkiye)