

Active Pauses for Musculoskeletal Disorder Prevention in Workers

NCT07417527

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of the Basque Country (UPV/EHU)
Enrollment	150 participants

Key Eligibility Criteria

Inclusion (3)

- Active workers.
- Aged 18 years or older.
- Capability to perform vigorous physical exercise.

Exclusion (3)

- Medical contraindications to physical exercise.
- Recent surgery.
- Pregnancy.

Locations (1 total)

Universidad del País Vasco (UPV/EHU), Leioa, Biscay, Spain