

# Effects of Different Exercise Protocols on Physical and Cognitive Changes in People With Chronic Neck Pain

NCT07432425

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Hacettepe University
Enrollment	21 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Participants aged 20-65
- Having neck pain at least 3 months and rated as 3 or more according to the Numeric Rating Scale
- Having a score of 10 or more according to the Neck Disability Index
- Having a score of 24 or above according to the Mini Mental State Examination
- Right hand dominancy according to Edinburgh Handedness Inventory
- ... and 1 more (see full listing online)

### Exclusion (7)

- Having neuropsychiatric, neurologic, metabolic, cardiovascular, and inflammatory disease(s)
- Participating in a rehabilitation program for neck pain in the last 6 months
- Having an exercise or sports history of 6 months or more
- Presence of brain parenchymal lesion on MRI
- Presence of materials in the body such as jewelry, metal, hearing aid, pacemaker, lead that cannot be removed and are not suitable for MRI
- ... and 2 more (see full listing online)

## Locations (1 total)

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Hacettepe University Faculty of Physical Therapy and Rehabilitation, Ankara, Altindag, Turkey (Türkiye)