

# The Effect of Exercise and Ergonomics Training Program on Musculoskeletal Disorders in Teachers

NCT07442383

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Uskudar University
Enrollment	80 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Being between 30-60 years old
- Having been a teacher for at least 5 years
- Having experienced musculoskeletal pain for at least three months
- Being able to participate in the ergonomics training and exercise program planned during the study period

### Exclusion (4)

- Having a pain score below 3 on the Visual Analog scale
- Having a neurological or orthopedic disease that prevents exercise
- Having undergone musculoskeletal surgery within the last six months
- Having a psychological disorder that may prevent exercise

## Locations (1 total)

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Tatvan, Bitlis, Tatvan, Turkey (Türkiye)