

The Effect of Ergonomics and Exercise Training on Musculoskeletal Disorders in Female Dairy Farmers

NCT07442409

Status	RECRUITING
Phase	Not Applicable
Sponsor	Uskudar University
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (4)

- Having been actively engaged in farming for at least 5 years
- Being between 25-50 years of age
- Being female
- Having the physical ability to participate in the planned training and exercise program during the study period

Exclusion (3)

- Having any accompanying neurological disease or neurological dysfunction
- Having a history of any musculoskeletal surgery
- Having a serious systemic disease that may prevent the implementation of the study protocol

Locations (1 total)

Tatvan, Bitlis, Tatvan, Turkey (Türkiye)