

The Effectiveness of Exercise Combined With Ergonomics Training for Musculoskeletal Pain Seen in Pastry Chefs

NCT07447180

Status	RECRUITING
Phase	Not Applicable
Sponsor	Uskudar University
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (3)

- Having been a pastry chef for at least 5 years
- Being registered with the pastry chefs' association
- Not having undergone any surgical procedure affecting upper extremity function or having a serious orthopedic injury history within the last 6 months

Exclusion (1)

- Not having a health problem that prevents exercise.

Locations (1 total)

Turkey, Istanbul, ^i_li, Turkey (Türkiye)