

# Mindful Miles Pilot Feasibility Study

NCT07462429

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of North Carolina, Chapel Hill
<b>Enrollment</b>	20 participants

## Key Eligibility Criteria

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### Inclusion (3)

- years old or older
- Have access to an electronic mobile device that can be used to download the Headspace application
- Meet the established diagnostic criteria for patellofemoral pain: pain in/around the anterior knee, and reproduction of this pain with movements that load the patellofemoral joint (i.e., squatting, stair climbing or descent, running, or jumping) based on self-report

### Exclusion (6)

- History of other musculoskeletal injuries in the past 6 months
- Previous lower extremity musculoskeletal surgery in the past 12 months
- Neuromuscular conditions that may affect movement,
- Currently pregnant
- Unable to attend in person study visits

... and 1 more (see full listing online)

## Locations (1 total)

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University of North Carolina at Chapel Hill, Durham, North Carolina, United States