

# Physiotherapist-Supervised Online Exercise in Remote White-Collar Workers

NCT07501767

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Marmara University
Enrollment	33 participants

## Key Eligibility Criteria

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### Inclusion (4)

- White-collar individuals who have been working remotely for at least 3 months
- Aged 18 years or older
- Having low back pain and/or neck pain related to the remote working process, or reporting a perceived postural disorder
- Having a sedentary lifestyle

### Exclusion (4)

- History of chronic disease
- Presence of a neurological or psychiatric disorder
- Visual or hearing impairment
- Inability to cooperate with the study procedures

## Locations (1 total)

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Marmara University Faculty of Health Sciences, Istanbul, Turkey (Türkiye)