

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

07 Jul 2026

### The immediate effects of whole body vibration on the sagittal spinal posture parameters in hyperlordotic women

#### Protocol summary

##### Summary

Volunteers will be selected among female students of school of Rehabilitation of Tehran University of Medical Sciences according to the inclusion and exclusion criteria. At first the amount of lumbar lordosis of the subjects was measured by use of flexible ruler for determining the hyperlordotic cases. Then in the first session, participants will stand on the OFF WBV as control group and postural parameters of the spinal column will be assessed by use of marking and photography. Two weeks later participants will stand on the ON WBV as intervention group and again marking and photography will be repeated for every one.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017021312210N4**

Registration date: **2017-04-04, 1396/01/15**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2017-04-04, 1396/01/15

##### Registrant information

###### Name

Azadeh Shadmehr

###### Name of organization / entity

Tehran University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 7752 8468

###### Email address

shadmehr@tums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Tehran University of Medical Sciences

##### Expected recruitment start date

2016-04-20, 1395/02/01

##### Expected recruitment end date

2016-07-22, 1395/05/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The immediate effects of whole body vibration on the sagittal spinal posture parameters in hyperlordotic women

##### Public title

Immediate effect of whole body vibration on spinal column in female with increased lumbar lordosis

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria; female 18 -30 years old; lumbar hyperlordosis; medium level of physical activity; cardiovascular health. Exclusion criteria: pregnancy; diabetes; epilepsy; scoliosis; fainting.

##### Age

From **18 years** old to **30 years** old

##### Gender

Female

##### Phase

N/A

##### Groups that have been masked

*No information*

##### Sample size

Target sample size: **18**

**Randomization (investigator's opinion)**

N/A

**Randomization description****Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Single

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Tehran University of Medical Sciences

**Street address**

Tehran University of Medical Sciences, Keshavarz  
blvd.

**City**

Tehran

**Postal code****Approval date**

2016-07-24, 1395/05/03

**Ethics committee reference number**

IR.TUMS.VCR.REC.1395.347

**Health conditions studied****1****Description of health condition studied**

Hyperlordosis

**ICD-10 code**

M40.4

**ICD-10 code description**

Lordosis

**Primary outcomes****1****Description**

Lumbar lordosis

**Timepoint**

Before and after intervention

**Method of measurement**

Photogrammetry

**2****Description**

Thoracic kyphosis

**Timepoint**

Before and after intervention

**Method of measurement**

Photogrammetry

**3****Description**

Head horizontal alignment

**Timepoint**

Before and after intervention

**Method of measurement**

Photogrammetry

**4****Description**

Pelvic horizontal alignment

**Timepoint**

Before and after intervention

**Method of measurement**

Photogrammetry

**5****Description**

Hip alignment

**Timepoint**

Before and after intervention

**Method of measurement**

Photogrammetry

**6****Description**

Body vertical alignment

**Timepoint**

Before and after intervention

**Method of measurement**

Photogrammetry

**Secondary outcomes**

empty

**Intervention groups****1****Description**

Whole body vibration In the experimental group  
Frequency 30 Hz, Amplitude 4 mm, duration 5 minutes.(  
5 one minute sets with 1 minute resting interval).

**Category**

Rehabilitation

**2****Description**

In control group subjects stand on off device for 5  
minutes.

**Category**

Other

## Recruitment centers

1

### Recruitment center

**Name of recruitment center**

School of Rehabilitation, Tehran University of Medical Sciences

**Full name of responsible person**

Salma Goklani

**Street address**

School of Rehabilitation, Enghelab Street

**City**

Tehran

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Tehran University of Medical Sciences

**Full name of responsible person**

Shabnam Nouroozzadeh

**Street address**

Tehran University of Medical Sciences, Keshavarz Blvd.

**City**

Tehran

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Tehran University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

*empty*

**Domestic or foreign origin**

*empty*

**Category of foreign source of funding**

*empty*

**Country of origin**

**Type of organization providing the funding**

*empty*

## Person responsible for general inquiries

### Contact

**Name of organization / entity**

Tehran University of Medical Sciences

**Full name of responsible person**

Salma Goklani

**Position**

Master of Science

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

### Contact

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Azadeh Shadmehr

**Position**

PhD

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## Person responsible for updating data

### Contact

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**Full name of responsible person**

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**Position**

Master of Science

**Other areas of specialty/work**

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*  
**Informed Consent Form**  
*empty*  
**Clinical Study Report**  
*empty*

**Analytic Code**  
*empty*  
**Data Dictionary**  
*empty*