

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.

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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 updating data

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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