Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The comparison of exercise therapy and exercise therapy with posture education effect on neck pain among Tehran general dentists

Protocol summary

Summary

The aim of this study was to compare the effect of an exercise program and and exercise program with ergonomic advice in the treatment of neck pain and the present study was designed to compare evaluation of these in the treatment of neck pain in dentistry population at Tehran province. A questionnaire was carried out among 69 dentists at Tehran. 69 dentists matched by age , gender (men dentists were choose), the occurrence of neck pain complaints in the past 6 months were randomly divided in to three groups. The first was received therapeutic exercise, the second group was received therapeutic exercise combined with ergonomics advice and the third was given no intervention. Pain on Visual Analogue Scale was measured at 2 months after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014102919750N1**
Registration date: **2015-01-27, 1393/11/07**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-01-27, 1393/11/07

Registrant information

Name

Anahita Bolandian

Name of organization / entity

Tehran

Country

Iran (Islamic Republic of)

Phone

+98 982122041558

Email address

research_soh@ums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University

Expected recruitment start date

2009-05-22, 1388/03/01

Expected recruitment end date

2010-05-22, 1389/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of exercise therapy and exercise therapy with posture education effect on neck pain among Tehran general dentists

Public title

The comparison of exercise therapy and exercise therapy with posture education effect on neck pain among Tehran general dentists

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria ; Questions 4-6-7-21-22-24 ; Determine the amount of neck pain in a 24-question questionnaire ; The pain lasts for more than 6 months ; between 25-35 years of age ; Do not use the painkillers. Exclusion criteria: History of surgery ; rheumatoid arthritis, osteoarthritis ; Tingling sensation in the shoulder and hand ; Pins and needles or ; numbness in the hands ; Periodic or severe headaches ; Analgesic

Age

From **25 years** old to **35 years** old

Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **69**
Randomization (investigator's opinion)
Not randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Iran University of Medical Sciences
Street address
Hemmat Highway
City
Tehran
Postal code
Approval date
2014-10-21, 1393/07/29
Ethics committee reference number
3388/105/93/د

Health conditions studied

1

Description of health condition studied
Neck Pain
ICD-10 code
M96.9
ICD-10 code description
Postprocedural musculoskeletal disorder, unspecified

Primary outcomes

1

Description
Neck Pain
Timepoint
every month
Method of measurement
Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: A therapeutic exercise program at home
Category
Other

2

Description
Control: no activity
Category
Other

3

Description
Intervention group: an eight-week program of exercise therapy and postural correction
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Medical Council
Full name of responsible person
Anahita Bolandian
Street address
Faculty of Physical Education and Sport Sciences, between 15th and 16th St., North Kargar st.,
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tehran University
Full name of responsible person
Dr Mousavi Movahhed
Street address
Enghelab Square,
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
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
Full name of responsible person
Anahita Bolandian
Position
Phd student of corrective exercise and sport injury
Other areas of specialty/work
Street address
Faculty of Physical Education and Sport Sciences, between 15th and 16th St., North Kargar st.,
City
Tehran
Postal code
Phone
00
Fax
Email
anahitabolandian@gmail.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Tehran University
Full name of responsible person
Anahita Bolandian
Position
Phd student of corrective exercise and sport injury
Other areas of specialty/work
Street address
Faculty of Physical Education and Sport Sciences, between 15th and 16th St., North Kargar st.,
City
Tehran
Postal code
Phone
00
Fax
Email
anahitabolandian@gmail.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Tehran University
Full name of responsible person
Anahita Bolandian
Position
Phd student of corrective exercise and sport injury
Other areas of specialty/work
Street address
Faculty of Physical Education and Sport Sciences, between 15th and 16th St., North Kargar st.,
City
Tehran
Postal code
Phone
00
Fax
Email
anahitabolandian@gmail.com
Web page address

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