

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jun 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 an 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 chosen), the occurrence of neck pain complaints in the past 6 months were randomly divided into 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.

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##### Email address

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##### 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

#### 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

##### 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**

3388/105/93/3

**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**

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**Position**

Phd student of corrective exercise and sport injury

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**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*