Clinical Trial Protocol
Iranian Registry of Clinical Trials

27 Oct 2026

The effect of Alexander techniques on the posture of healthy elderly and Parkinson's

Protocol summary

Summary

Objective: the effect of postural corrective exercises, postural Alexander the status of non-elderly Parkinson's and Parkinson's. Study design: randomized, single-blind controlled. Study population: non-elderly Parkinson's and elderly Parkinson's Inclusion criteria: kyphosis> 45°; use of assertive devices for walking; lack of acute and chronic physical, mental disorders' ability to participate in training sessions regularly; lack of regular exercise; aged between 50 and 70 years old; normal or corrected vision be normal; ability to follow simple commands: the MMSE (Mini-Mental State Examination) higher than 24. Exclusion criteria: history of neurological disease; history of psychiatric disorders; history of impaired balance; severe pain in the joints of the lower extremities and trunk; vestibular disease and patients with visual impairment grade> 40/20; history of lower extremity fractures in the past year. Sample size: 52 samples. Intervention or interventions studied: corrective exercises, postural Alexander; intervention time: 8 weeks. The outcomes of the study: the angle of kyphosis and forward head.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016081529373N1**
Registration date: **2017-04-19, 1396/01/30**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-04-19, 1396/01/30

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Sabzevar University of Medical Sciences, Department of Research and Technology, Center for Health Research elderly

Expected recruitment start date

2017-03-21, 1396/01/01

Expected recruitment end date

2017-06-21, 1396/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Alexander techniques on the posture of healthy elderly and Parkinson's

Public title

The effect of exercise on elderly kyphosis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: kyphosis> 45°; use of assertive devices for walking; lack of acute and chronic physical, mental disorders' ability to participate in training sessions regularly; lack of regular exercise; aged between 50 and 70 years old; normal or corrected vision be normal;

ability to follow simple commands: the MMSE (Mini-Mental State Examination) higher than 24. Exclusion criteria: history of neurological disease; history of psychiatric disorders; history of impaired balance; severe pain in the joints of the lower extremities and trunk; vestibular disease and patients with visual impairment grade> 40/20; history of lower extremity fractures in the past year.

Age
From **50 years** old to **70 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **52**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Sabzevar University of Medical Sciences

Street address
Sabzevar University of Medical Sciences, Department of Research and Technology, Center for Health Research elderly

City
Sabzevar

Postal code

Approval date
2016-11-16, 1395/08/26

Ethics committee reference number
IR.MEDSAB.REC.1395.117

Health conditions studied

1

Description of health condition studied
Parkinson

ICD-10 code
G20

ICD-10 code description
Parkinson disease

Primary outcomes

1

Description
Thoracic kyphosis angle

Timepoint
Before the pre-test and post-test intervention after two months

Method of measurement
Flexible ruler

Secondary outcomes

1

Description
Angle head forward

Timepoint
Before the pre-test and post-test intervention after two months

Method of measurement
Goniometer

Intervention groups

1

Description
Eight-week corrective exercises, postural Alexander include all daily activities for test

Category
Lifestyle

2

Description
The control group performed routine daily activities

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Clinic of Neurology, Hospital Beheshti

Full name of responsible person

Street address

City
Kashan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Sabzevar University of Medical Sciences, Center for Health Research elderly
Full name of responsible person
Mohammad Mohammad Zadeh
Street address
Sabzevar University of Medical Sciences, Department of Research and Technology, Center for Health Research elderly
City
Sabzevar

Grant name

Grant code / Reference number

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

Title of funding source
Sabzevar University of Medical Sciences, Center for Health Research elderly

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
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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