

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

04 Jul 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

Parisa Sedaghati

###### Name of organization / entity

Guilan University

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 4423 7480

###### Email address

sedaghati@guilan.ac.ir

###### 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****Name of organization / entity**

Guilan University

**Full name of responsible person**

Parisa Sedaghati

**Position**

PhD/ Faculty member

**Other areas of specialty/work****Street address**

Guilan University, Faculty of Physical Education, Department of Sport injury and Corrective Exercises

**City**

Rasht

**Postal code****Phone**

+98 13 3375 3395

**Fax****Email**

sedaghati@guilan.ac.ir

**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Guilan University, Faculty of Physical Education, Department of Sport injury and Corrective Exercis

**Full name of responsible person**

Parisa Sedaghati

**Position**

PhD of Sport Injury and Corrective Exercises

**Other areas of specialty/work****Street address**

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**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

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**Fax****Email**

sedaghati@guilan.ac.ir

**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*