Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Effect of knee chest position on turning breech to cephalic presentation in pregnant women

Protocol summary

Summary

Objective: The effect of knee chest position on turning breech to cephalic presentation in pregnant women. Design: A clinical trial on 84 pregnant women referred to health centers and hospital clinics in Mashhad. Samples will be divided randomly into the intervention group and the control and sampling will be easy. The main inclusion and exclusion criteria: gestational age 36-34 weeks, single fetus, breech presentation. Intervention: Intervention group: Pregnant women will be placed in the position of the knee chest for 10 days, three times in day (morning before getting out of bed, noon and evening before bedtime). The control group will receive routine care. In both groups, fetal presentation will be determined with Leopold maneuver and ultrasound ten days later. In both groups, type of delivery and fetal presentation will be followed at the time of delivery.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016092129905N1**
Registration date: **2017-08-21, 1396/05/30**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-08-21, 1396/05/30

Registrant information

Name

Maryam Tafazzolifar

Name of organization / entity

Mashhah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 38412081051

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Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences

Expected recruitment start date

2016-11-08, 1395/08/18

Expected recruitment end date

2017-07-09, 1396/04/18

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of knee chest position on turning breech to cephalic presentation in pregnant women

Public title

Effect of knee chest position on turning breech to cephalic presentation in pregnant women

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: the gestational age of 36-34 weeks; breech presentation; singleton pregnancy; no contraindications for vaginal delivery (Placenta previa, previous uterine surgery, previous cesarean); Not having a history of illness (Heart disease, Respiratory disease; liver disease; kidney disease, Hypertension, Eclampsia, Gestational diabetes); the absence of obstetrical complication (uterine anomalies and external genital system, bleeding in the third trimester and premature rupture of membranes, risk of Rhesus iso-immunization, intrauterine growth restriction, fetal malformations,

Polyhydramnios and Oligohydramnios); Body mass index does not equal to 30 or higher. Exclusion: not willingness to participate in research; knee chest position program not done for four times or more; preterm labor; Occurrence of obstetrical and medical complications.

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **84**

Randomization (investigator's opinion)
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
Mashhad University of Medical Sciences

Street address
Daneshgah Street, Qureshi Building, Administration Mashhad University of Medical Sciences

City
Mashhad

Postal code
13944-91388

Approval date
2016-10-10, 1395/07/19

Ethics committee reference number
IR.MUMS.REC.1395.270

Health conditions studied

1

Description of health condition studied
Breech presentation

ICD-10 code
O32.1

ICD-10 code description
Maternal care for breech presentation

Primary outcomes

1

Description
Turning Breech to Cephalic presentation

Timepoint
10 days after intervention and time of delivery

Method of measurement
Leopold maneuvers and Ultrasound

Secondary outcomes

1

Description
Fetal movement

Timepoint
From the time of entry to study for ten days

Method of measurement
Counting the fetal movement by mother

Intervention groups

1

Description
Knee chest position will be taught to the intervention group and mother for 10 days, 3 times a day (morning: before getting out of bed, noon, evening: before bed), each time for 15-10 minutes. The fetal presentation will be checked after 10 days and at the time of delivery.

Category
Other

2

Description
Control group will not be taught the knee chest position. Care routine without any intervention will be done for mother. The fetal presentation will be checked after 10 days and at the time of delivery.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Valiasr Health centers

Full name of responsible person
Mis Rezai

Street address
Northern Tabarsi 28

City
Mashhad

2

Recruitment center
Name of recruitment center
Forozanfar Helth Center
Full name of responsible person
Mis Zarei
Street address
Panjtan 14
City
Mashhad

3

Recruitment center
Name of recruitment center
Mofateh Helth Center
Full name of responsible person
Mis Katebi
Street address
Tabatabae 21
City
Mashhad

4

Recruitment center
Name of recruitment center
Alteimor Helth Center
Full name of responsible person
Mis sherbaf
Street address
Panjtan 62
City
Mashhad

5

Recruitment center
Name of recruitment center
Karrgaran Helth Center
Full name of responsible person
Mis Madahi
Street address
CHaman 19
City
Mashhad

6

Recruitment center
Name of recruitment center
22Bahman Helth Center
Full name of responsible person
Mis Rajabzadeh
Street address
Mohammad Abad 32
City
Mashhad

7

Recruitment center
Name of recruitment center
Ansar Helth Center
Full name of responsible person
Mis Motamedi
Street address
Northern Tabarsi 4
City
Mashhad

8

Recruitment center
Name of recruitment center
Imam Hadi Helth Center
Full name of responsible person
Mis Mosavi
Street address
Mohebi 47
City
Mashhad

9

Recruitment center
Name of recruitment center
CHamran Helth Center
Full name of responsible person
Mis Hoseini
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22Bahman 14
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Mashhad

10

Recruitment center
Name of recruitment center
Rasol Akram Helth Center
Full name of responsible person
Mis saeadi
Street address
Kashani 1
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Mashhad

11

Recruitment center
Name of recruitment center
Omolbanin Hospital
Full name of responsible person
Mis Tafazoli
Street address
Hashemi Nejad 19/1
City
Mashhad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for Research and Technology

Mashhad University of Medical Sciences
Full name of responsible person
Mohsen Tafaghodi
Street address
Daneshgah Street, Qureshi Bulding
City
Mashhad
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for Research and Technology Mashhad 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
Mashhad University of Medical Sciences
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Maryam Tafazzolifar
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Person responsible for scientific inquiries

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Person responsible for updating data

Contact
Name of organization / entity
Mashhad University of Medical Sciences
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Maryam Tafazzolifar
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Master Student of Midwifery
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Email
tafazzolim931@mums.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