

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Aug 2026

The effect of exercise training on balance in elderly with forward head posture

Protocol summary

Study aim

Prevention of progression of status disorder

Design

Thirty patients with a headache disorder with a randomly selected entry condition are selected and each participant is assigned a code.

Settings and conduct

This study takes place for 8 hours and 3 sessions per week for an hour, and it describes how to correct the head for the elderly, as well as exercise exercises to correct the disorder by a physiotherapist. During the training sessions The sport is at least 30 minutes each session. After 8 weeks, the elderly is again photographed. Also, the assessment of the physical condition and the tests is done again and the rate of improvement of the disorder is evaluated.

Participants/Inclusion and exclusion criteria

Entry requirements: Having a state of impaired status in the future
Conditions of non-entry: having a curvature degree above 50 in shooting

Intervention groups

Elderly have a headache disorder

Main outcome variables

Improve the status of disordered head in the elderly
Improve the balance situation in the elderly with a state of impairment

General information

Reason for update

Acronym

FHP

IRCT registration information

IRCT registration number: **IRCT20171002036507N1**

Registration date: **2018-01-19, 1396/10/29**

Registration timing: **retrospective**

Last update: **2018-01-19, 1396/10/29**

Update count: **0**

Registration date

2018-01-19, 1396/10/29

Registrant information

Name

Shahram Irani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 41 3281 8188

Email address

tbz.moshavere@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-09-27, 1396/07/05

Expected recruitment end date

2017-12-11, 1396/09/20

Actual recruitment start date

2017-09-30, 1396/07/08

Actual recruitment end date

2017-11-26, 1396/09/05

Trial completion date

empty

Scientific title

The effect of exercise training on balance in elderly with forward head posture

Public title

The Impact of Exercise on Headache Disorder in the Elderly

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Age 65-75 Headache disorder is present Has a

disturbance in balance

Exclusion criteria:

Having an angle of curvature of up to 50 degrees in shooting

Age

From **65 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Actual sample size reached: **30**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

کمیته اخلاق علوم پزشکی بابل

Street address

Valiasr Clinic, Coach Flight

City

Tabriz

Province

East Azarbaijan

Postal code

5184637564

Approval date

2016-09-18, 1395/06/28

Ethics committee reference number

IR.MUBABOL.HRI.REC.1395.35

Health conditions studied

1

Description of health condition studied

Headache disorder

ICD-10 code

XIII

ICD-10 code description

Diseases of the musculoskeletal system and connective

tissue

Primary outcomes

1

Description

Head position

Timepoint

Photographs and balance exercises once a week for two weeks, then exercise exercises three times a week, each time for an hour for a total of eight weeks, and at the end again photographic and balance exercises once a week for two weeks

Method of measurement

Photography

Secondary outcomes

1

Description

Front head

Timepoint

Photographs and balance exercises once a week for two weeks, then exercise exercises three times a week, each time for an hour for a total of eight weeks, and at the end again photographic and balance exercises once a week for two weeks

Method of measurement

Photography

Intervention groups

1

Description

Intervention group; perform pre-test (photographic and balance exercises once a week for two weeks), then exercise exercises three times a week, each time for an hour, for an eight-week total, at the end of the post-test (photogramography and Equilibrium exercises once a week for two weeks)

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Valiasr Clinic

Full name of responsible person

Shahram Irani

Street address

Clinic of the Valliasr, Parvaz St.

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Babol University of Medical Sciences
Full name of responsible person
Dr. Reza ghadimi
Street address
Babol University of Medical Sciences, Keshavarz (Ganj Afrooz) st.
City
Babol
Province
Mazandaran
Postal code
47176-47745
Phone
+98 11 3220 8143
Email
rezaghadimi@yahoo.com

Grant name

Babol University of Medical Sciences

Grant code / Reference number

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

Yes

Title of funding source

Babol University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Babol University of Medical Sciences
Full name of responsible person
Shahram irani
Position
student
Latest degree
Bachelor

Other areas of specialty/work

Public Health

Street address

Bahar Avenue - Behavioral Disease Counseling Center

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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

Contact

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Email

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Title: The Effect of Exercise Exercise on Balance in Elderly Disordered Headache Description: 30 qualified subjects received equilibrium exercises for 2 weeks after photogramography. Then, for two months, three days a week, each session was followed by physical exercises for one hour. At the end of the exercise, photographic and balance exercises Took

When the data will become available and for how long

2019

To whom data/document is available

Researchers working in academic and scientific institutions and treatment centers associated with the above disorder

Under which criteria data/document could be used

To treat elderly people with a headache

From where data/document is obtainable

Babol University of Medical Sciences, Keshavarz St. (Ganj Afrooz) - 01132208143 Shahram Iran - Northern Hafez St. - Kouy Alizadeh - No. 12 - Tel. 04135431041

What processes are involved for a request to access data/document

As soon as possible, the requested documentation will be provided by email to the applicant

Comments