Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

The effect of 8 weeks corrective exercises on Forward Head abnormality in blind and low vision women

Protocol summary

Study aim
The effect of 8 weeks corrective exercises on Forward Head abnormality in blind and low vision women

Design
The clinical trial with a control group, eight weeks of corrective and untrained exercises, with parallel and randomized groups including 40 blind and low vision women

Settings and conduct
In this study, 40 blind and low vision women with Forward Head abnormality will be selected from Khoramabad's welfare centers. For random allocation, random numbers and randomized blocking methods will be used, so that the two groups will be matched according to the severity of the disease, age group, education level and BMI. Afterward, the rate of Forward Head, the strength of neck flexors and extensors will be measured in both groups. The experimental group then participates in the corrective exercises program. During this course, the control group does not receive any intervention from the researcher. After completing the training program, the rate of Forward Head, the strength of flexors and extensors of the neck will be measured again and the data will be compared

Participants/Inclusion and exclusion criteria
Female aged 15-25 come down with blind and low vision having Forward Head abnormality having cases in the welfare centers having a radical discomfort or pain while exercising having fractures or malignant infection in the neck area unwillingness to do the exercises

Intervention groups
Experimental group: This group will participate in 60 minutes corrective exercises program, 3 sessions per week for 8 weeks. Control group: Individuals in this group would not receive any intervention from the researcher and they only will complete the research questionnaires at the beginning and end of the research (after completing this study, corrective exercises will be made for the control group, too).

Main outcome variables
The rate of Forward Head abnormality

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20170514033961N5**
Registration date: **2018-08-05, 1397/05/14**
Registration timing: **retrospective**

Last update: **2018-08-05, 1397/05/14**
Update count: **0**

Registration date
2018-08-05, 1397/05/14

Registrant information

Name
Mandana Saki

Name of organization / entity
Lorestan University of Medical Sciences

Country
Iran (Islamic Republic of)

Phone
+98 66 3331 6465

Email address
m.saki@modares.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-02-20, 1396/12/01

Expected recruitment end date
2018-07-21, 1397/04/30

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of 8 weeks corrective exercises on Forward Head abnormality in blind and low vision women

Public title

The effect of corrective exercises on Forward Head abnormality

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Being female Have 15-25 years old Is blind or low vision Having forward head abnormality Having cases in the welfare centers

Exclusion criteria:

Having a radical discomfort or pain while exercising Having fractures or malignant infection in the neck Unwillingness to do exercises

Age

From **15 years** old to **25 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Samples with inclusion criteria based on stratified-block randomization will be allocated into two groups of intervention group (corrective exercises) and control group (without any additional intervention by the researcher)

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

Ethics committee of Lorestan University of Medical Sciences

Street address

Vice chancellor for research and technology, Lorestan University of Medical Sciences, Pardis Campus, Khorramabad-Boroujerd Road, Khorramabad, Lorestan

City

khorramabad

Province

Lorestan

Postal code

6813833946

Approval date

2017-02-20, 1395/12/02

Ethics committee reference number

LUMS.REC.1395.221

Health conditions studied

1

Description of health condition studied

Forward Head abnormality

ICD-10 code

M95.2

ICD-10 code description

Other acquired deformity of head

Primary outcomes

1

Description

Forward Head rate

Timepoint

At the beginning of the study (before the intervention) and one week after the completion of training sessions

Method of measurement

By the lane line

Secondary outcomes

1

Description

Strength of the neck extensors and flexors

Timepoint

At the beginning of the study (before the intervention) and one week after the completion of training sessions

Method of measurement

Isometr machine

Intervention groups

1

Description

Intervention group: this group will participate in 60 minutes corrective exercises program, 3 sessions per week for 8 weeks.

Category

Rehabilitation

2

Description
Control group:individuals in this group would not receive any intervention from the researcher and they only will complete the research questionnaires at the beginning and end of the research (after completing this study, corrective exercises will be made for the control group, too)

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Welfare centers of Khorramabad

Full name of responsible person
Mandana Saki

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No. 18, Rose Alley, Enghelab Avenue

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Khoram-Abad University of Medical Sciences

Full name of responsible person
Morovat Taheri Kalaani

Street address
Vice chancellor for research and technology, Lorestan University of Medical Sciences, Pardis Campus, Khorramabad-Boroujerd Road

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edu_res@lums.ac.ir

Grant name

Grant code / Reference number

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

Title of funding source
Khoram-Abad University of Medical Sciences

Proportion provided by this source
90

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
Khoram-Abad University of Medical Sciences

Full name of responsible person
Mandana Saki

Position
Assistant professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

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Person responsible for scientific inquiries

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Person responsible for updating data

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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
The total potential data will be published after unidentifying individuals in the form of information about the main outcomes.
When the data will become available and for how long
Access period will start since 2019
To whom data/document is available
All researchers, teachers, and medical students can receive the published article from the relevant journal
Under which criteria data/document could be used
Undisclosed data will be available to health science researchers for meta-analysis.
From where data/document is obtainable
Send email to Mandana Saki mandana_saki@yahoo.com
What processes are involved for a request to access data/document
After submitting the document by applicant researcher through email, the data will be sent two weeks later.
Comments