

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 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

khorrarnabad

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

Street address

No. 18, Rose Alley, Enghelab Avenue

City

Khorramabad

Province

Lorestan

Postal code

6819834525

Phone

+98 66 3331 6465

Fax

+98 66 3331 6465

Email

mandana_saki@yahoo.com

Web page address

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

City

khorrabad

Province

Lorestan

Postal code

6813833946

Phone

+98 66 3312 0172

Fax

+98 66 3312 0172

Email

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

Street address

No. 18, Rose Alley, Enghelab Avenue

City

Khorramabad

Province

Lorestan

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6819834525

Phone

+98 66 3331 6465

Fax

+98 66 3312 0140

Email

mandana_saki@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Khoram-Abad University of Medical Sciences

Full name of responsible person

Mandana Saki

Position

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Province
Lorestan
Postal code
6819834525
Phone
+98 66 3331 6465
Fax
+98 66 3312 0140
Email
mandana_saki@yahoo.com

Person responsible for updating data

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
Street address
No. 18, Rose Alley, Enghelab Avenue
City
Khorramabad
Province
Lorestan
Postal code
6819834525
Phone
+98 66 3331 6465
Fax
+98 66 3312 0140

Email
mandana_saki@yahoo.com

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