Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effects of 12 Weeks of Neck Stabilization, Core Stabilization Exercises and Combined Protocol on Pain and Disability in elderly people with Chronic Non-Specific Neck Pain in Tehran city

Protocol summary

Study aim

Determining the effect of 12 weeks of neck stability training, central and combined stability on pain and disability of non-specific chronic neck pain among elderly people in Tehran

Design

The clinical trial has no control group and includes 3 intervention groups, community based and pragmatic, with parallel groups, randomized therapies. The randomization was done by random numbers and the sample size was 103. The sample size before exercise was 106.

Settings and conduct

The present study is a semi-experimental and applied field-based method. First, nonspecific chronic neck pain patients were enrolled from nursing centers in 22 areas of Tehran. The practice protocol will be such that the exercise sessions under the supervision of a physiotherapist will be done one day in a 12-week session per 25 to 30 minutes.

Participants/Inclusion and exclusion criteria

inclusion criteria: Patients volunteering in nursing homes, people over 60 years of age, having full vigilance, experiencing chronic non-bad pain, ability to converse in Persian, and not having vision and hearing problems with a score of more than 3 pain will be included in the study. exclusion criteria: Patients with history of neck surgery, psychological, cardiovascular, neurological, neurological, incomplete course of treatment, simultaneous use of other therapies, exacerbation of pain and disability symptoms by exercises, harmfulness of practice with doctor's diagnosis

Intervention groups

1. A group of exercises dedicated to the stability of the neck 2. Special stability training group 3. Combined exercise group

Main outcome variables

Neck Pain; neck disability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180412039280N2**
Registration date: **2019-03-27, 1398/01/07**
Registration timing: **retrospective**

Last update: **2019-03-27, 1398/01/07**
Update count: **0**

Registration date

2019-03-27, 1398/01/07

Registrant information

Name

mohsen poursadeghiyan

Name of organization / entity

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-07-22, 1395/05/01

Expected recruitment end date

2017-08-11, 1396/05/20

Actual recruitment start date

2016-07-22, 1395/05/01

Actual recruitment end date

2017-09-23, 1396/07/01

Trial completion date
2017-09-23, 1396/07/01

Scientific title
The Effects of 12 Weeks of Neck Stabilization, Core Stabilization Exercises and Combined Protocol on Pain and Disability in elderly people with Chronic Non-Specific Neck Pain in Tehran city

Public title
The Effects of 12 Weeks of Neck Stabilization, Core Stabilization Exercises and Combined Protocol on Pain and Disability in Subjects with Chronic Non-Specific Neck Pain

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Patients volunteering in nursing homes people over 60 years of age having full vigilance experiencing chronic non-bad pain ability to converse in Persian not having vision and hearing problems with a score of more than 3 pain

Exclusion criteria:
Patients with a history of neck surgery mental illness cardiovascular disease neurological diseases failure to complete treatment courses simultaneous use of other therapies (such as massage etc.) exacerbation of pain and disability symptoms by exercising harmful exercise therapy for the individual The diagnosis of a specialist doctor

Age
From **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **106**
Actual sample size reached: **102**

Randomization (investigator's opinion)
Randomized

Randomization description
Simple randomization

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 University of social welfare and rehabilitation sciences

Street address
University of Social Welfare and Rehabilitation Sciences, kodakyar Ave., daneshjo Blvd.,Evin,Tehran, Iran

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Province
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1985713834

Approval date
2017-07-17, 1396/04/26

Ethics committee reference number
IR.USWR.REC.1396.156

Health conditions studied

1

Description of health condition studied
Nonspecific chronic neck pain

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
1- pain among non-specific chronic neck pain among elderly people in Tehran.

Timepoint
pain was evaluated just before exercise, eighth week of exercise and 1 week after end of exercise period.

Method of measurement
Pain Detection Questionnaire, Visual Analogue Scale

2

Description
2.1- Disability among non-specific chronic neck pain among elderly people in Tehran.

Timepoint
disability was evaluated just before exercise, eighth week of exercise and 1 week after end of exercise period.

Method of measurement
Neck Disability Assessment Questionnaire, Visual Analogue Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group1: Central stability training group: 6 patients trained for central stability exercise for 12 week by physiotherapist
Category
Rehabilitation

2

Description
Intervention group2: Neck Stability Exercise: In this group, six patients underwent training for physiotherapists of central fitness exercises extracted from sources for 12 weeks.
Category
Rehabilitation

3

Description
Intervention group 3: Combined exercises: involving neck stability exercises and central stabilization exercises. In this group, 6 patients underwent training for physiotherapists of central fitness exercises extracted from sources for 12 weeks.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Center of Kahrizak
Full name of responsible person
Mohsen Poursadeghiyan
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
University of social welfare and rehabilitation sciences
Full name of responsible person
Ahmad Ali Akbari Kamrani
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University of Social Welfare and Rehabilitation Sciences, kodakyar Ave., daneshjo Blvd.,Evin,Tehran, Iran
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
University of social welfare and rehabilitation 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
University of social welfare and rehabilitation sciences
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Position
Assistant Professor
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Person responsible for scientific inquiries

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Assistant Professor

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
The participant data file will not be published and is confidential.

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Not applicable

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
Not applicable

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available