

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 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 porsadeghiyan

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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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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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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Dr. Hakim Zad Blvd, The old road of Qom, Kahrizak

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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

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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

Full name of responsible person

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Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

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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