

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

Comparing the effect of a period of corrective exercises and spinal taping on kyphosis of Hyperkyphotic elderly woman

Protocol summary

2018-10-05, 1397/07/13

Study aim

The effect of a 6-week corrective exercises and taping of the spine kyphosis in hyper-kyphotic older women

Design

Clinical trial with control group, based on statistical population, with parallel groups, one blind, randomized,

Settings and conduct

Elderly women referred to sports clubs in Paveh after selecting and accepting participation in the project were randomly assigned to the groups.

Participants/Inclusion and exclusion criteria

Having kyphosis, abnormal condition greater than 40 degrees' The age range 55-66 years' The absence of musculoskeletal, pathological and neurological disorders

Intervention groups

The tipping group in this intervention uses the special kinesitic technique in the backbone of the researcher The corrective exercises in this intervention are used by the investigator for the training protocol with a comprehensive corrective approach to the group The Control group In this group, no intervention or training is used

Main outcome variables

The angle of kyphosis; Flexibility of the spine; Chest expansion

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160815029373N4**

Registration date: **2018-10-05, 1397/07/13**

Registration timing: **registered_while_recruiting**

Last update: **2018-10-05, 1397/07/13**

Update count: **0**

Registration date

Registrant information

Name

Parisa Sedaghati

Name of organization / entity

Guilan University

Country

Iran (Islamic Republic of)

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sedaghati@guilan.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-09-23, 1397/07/01

Expected recruitment end date

2018-10-23, 1397/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of a period of corrective exercises and spinal taping on kyphosis of Hyperkyphotic elderly woman

Public title

Effect of corrective exercises and taping on Hyperkyphotic elderly

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Women 60-65 years old; Hyperkyphotic; No other

diseases.

Exclusion criteria:
Having orthopedic or neurological diseases
Body weight outside the normal range
Musculoskeletal disorders

Age
From **55 years** old to **65 years** old

Gender
Female

Phase
N/A

Groups that have been masked

- Data analyser

Sample size
Target sample size: **45**

Randomization (investigator's opinion)
Randomized

Randomization description
Participants are randomly assigned to one of three groups according to their referring order to the study and are received their assigned intervention.

Blinding (investigator's opinion)
Single blinded

Blinding description
In this single-blind study, the person who gathers and analyzes the data for the study is blind to the study and codes are assigned to the groups.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Institute for Physical Education and Sport Sciences

Street address

Miremad

City

Tehran

Province

Tehran

Postal code

1587958711

Approval date

2018-06-25, 1397/04/04

Ethics committee reference number

IR.SSRI.REC.1397.233

Health conditions studied

1

Description of health condition studied

Elderly

ICD-10 code

R54

ICD-10 code description

Old Age without mention of psychosis

Primary outcomes

1

Description

Angle of kyphosis

Timepoint

Measurement of thoracic kyphosis is performed prior to the start of the study and six weeks later

Method of measurement

Flexible ruler

2

Description

Spinal flexibility

Timepoint

Measurement of spinal flexibility is performed prior to the start of the study and six weeks later

Method of measurement

Goniometer

Secondary outcomes

empty

Intervention groups

1

Description

First intervention group: Typing for 6 weeks, three days a week, with functional technique, kinesiotype with 50% tensile strength in the spinal column for the subject. Then, for the next week, a new kinesiotype is used.

Category

Rehabilitation

2

Description

Second intervention group: Rehabilitation exercises: In this group, a program of corrective movements including release, stretching, contraction and muscle coherence is used for six weeks, three days a week.

Category

Rehabilitation

3

Description

Control group: There are no interventions in this group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Sports hall in the city

Full name of responsible person

Bahar Mohamadi

Street address

Ashrafi Esfahani Street - Guidance Maidan

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Paveh

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Doctor Amir Sarsin

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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

Islamic Azad University

Proportion provided by this source

100

Public or private sector

Private

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

Islamic Azad University

Full name of responsible person

Parisa Sedaghti

Position

Academic Staff

Latest degree

Ph.D.

Other areas of specialty/work

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

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

Study Protocol

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

Statistical Analysis Plan

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

Informed Consent Form

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

Clinical Study Report

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

Analytic Code

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

Data Dictionary

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