Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of Treatment methods based on Strength-Endurance exercise with and with out Thoracic Manipulation to Improve the body Balance , Pain and Disability of patients with Non Specific chronic Neck pain

Protocol summary

Study aim
Comparison of Treatment methods based on Strength-Endurance exercise with and with out thoracic Manipulation to improve the body balance , pain and disability of patient with non specific chronic Neck pain

Design
Block Randomized Allocation with control group, parallel group Trial with Double blinded outcome assessment, with 40 participants

Settings and conduct
School of Rehabilitation Shiraz University sciences. All the patients are blinded and assessments in this study are done by trained physiotherapist who is unaware from patient classifications in two group. Intervention group will revive another intervention in addition of control group.

Participants/Inclusion and exclusion criteria
inclusion criteria: 18 - 60 yeaes old patient with the history of neck pain for more than 3 months, scoring 15_24 on neck disability index that shows moderate pain, scoring 31-69 millimeters on visual analouge scale, exclusion criteria: nerve injury or spinal cord compression, surgery, instability and whiplash injury, cancer, balance disturbance and dizziness,

Intervention groups
At the beginning, patients with non specific chronic neck pain fill out the personal information questionaries, then their pain , disability and balance will be measured. after that in intervention and control group will be done strength-Endurance exercise for six weeks then we ask both group to do the exercise two times a day. these exercise include the progressive strength-Endurance training while the patient supine and prone lying with head support then bring up his head until the neck is bending. in intervention group manipulation must be done in 3 sessions every 4 days in supine position.after six weeks of doing these exercises patients pain, neck disability and balance will be measured again.

Main outcome variables
Changes in Balance, Pain and Neck Disability Index after intervention

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20181020041395N1**
Registration date: **2018-12-21, 1397/09/30**
Registration timing: **registered_while_recruiting**

Last update: **2018-12-21, 1397/09/30**
Update count: **0**

Registration date
2018-12-21, 1397/09/30

Registrant information

Name
Amir Eskandari

Name of organization / entity

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-11-11, 1397/08/20

Expected recruitment end date
2018-12-22, 1397/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of Treatment methods based on Strength-Endurance exercise with and with out Thoracic Manipulation to Improve the body Balance , Pain and Disability of patients with Non Specific chronic Neck pain

Public title

Checking the effect of exercise in balance

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

the history of neck pain for more than 3 months Scoring 15 - 24 on Neck Disability Index Scoring 31-69millimeters on Visual Analoge Scale 18- 60 years old patient

Exclusion criteria:

Nerve injury or spinal cord compression Surgery , Instability , truma and Whiplash injury Cancer Sever osteoporosis history of Traumatic Brain Injury Increase pain as much as the patient would not cooperate with treatment Balance disturbance and dizziness

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Outcome assessor
- Data analyser

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Block Random Allocation In this case different situation that patient classify in 2 group will be written. then these six situation (ABAB, BABA , AABB, BBAA ,ABBA, BAAB) will be put in six sealed enveloped and patient will be divided by random withdrawal to put in 2 groups.

Blinding (investigator's opinion)

Double blinded

Blinding description

All the patients are blinded and the assessments in this study are done by trained physiotherapist who is unaware from patients classifications in two group.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences

Street address

Central bulding of Shiraz University of Medical Sciences, Zand St.

City

Shiraz

Province

Fars

Postal code

71348-14336

Approval date

2018-09-12, 1397/06/21

Ethics committee reference number

IR.SUMS.REC.1397.512

Health conditions studied

1

Description of health condition studied

Non specific chronic Neck pain

ICD-10 code

M62.9

ICD-10 code description

Disorder of muscle, unspecified

Primary outcomes

1

Description

Balance based on Balance Error Scoring System

Timepoint

Beginning of research and seven Weeks after started intervention

Method of measurement

Balance Error Scoring System

Secondary outcomes

1

Description

Pain based on Visual Analogue Scale

Timepoint

Beginning of research and seven weeks after started intervention

Method of measurement

Visual Analogue Scale

Intervention groups

1

Description
Intervention Group: At the beginning, patients with non specific chronic neck pain fill out the personal information questionaries, then their pain , disability and balance will be measured. after that in intervention and control group will be done strength-Endurance exercise for six weeks then we ask Intervention group to do the exercise two times a day not more than 20 minutes.these exercise include the progressive strength-Endurance training while the patient supine and prone lying with head support then bring up his head until the neck is bending. in intervention group manipulation must be done in 3 sessions every 4 days in supine position.after six weeks of doing these exercises patients pain, neck disability and balance will be measured again.

Category
Rehabilitation

2

Description
Control group: At the beginning, patients with non specific chronic neck pain fill out the personal information questionaries, then their pain , disability and balance will be measured. after that in control group will be done strength-Endurance exercise for six weeks then we ask control group to do the exercise two times a day not more than 20 minutes.these exercise include the progressive strength-Endurance training while the patient supine and prone lying with head support then bring up his head until the neck is bending. after six weeks of doing these exercises patients pain, neck disability and balance will be measured again.

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Shiraz School of Rehabilition Sciences

Full name of responsible person
Amir Eskandari

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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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
Shiraz University of Medical 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
Shiraz University of Medical Sciences

Full name of responsible person
Amir Eskandari

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Physiotherapy

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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
No more information is 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