

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 2026

The effect of corrective exercises with swiss ball on the postural and balance of woman with upper cross syndrome

Protocol summary

Study aim

The effect of corrective exercises with swiss ball on the postural and balance of woman with upper cross syndrome

Design

Clinical trials with intervention and control groups, community based and pragmatic, with parallel, randomized groups

Settings and conduct

The study is carried out at the Faculty of Physical Education of the University of Guilan

Participants/Inclusion and exclusion criteria

Round shoulder > 52 degree, Forward head > 46 degree, Kyphosis > 42 degree- The absence of anomalies affecting the research process

Intervention groups

Intervention group: Exercises perform corrective actions. control group: Do not attend any training program.

Main outcome variables

Posture status, balance

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190603043810N1**

Registration date: **2019-06-25, 1398/04/04**

Registration timing: **registered_while_recruiting**

Last update: **2019-06-25, 1398/04/04**

Update count: **0**

Registration date

2019-06-25, 1398/04/04

Registrant information

Name

fariba Javazi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 41 4225 2278

Email address

javazi_f@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-06-12, 1398/03/22

Expected recruitment end date

2019-07-27, 1398/05/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of corrective exercises with swiss ball on the postural and balance of woman with upper cross syndrome

Public title

The effect of corrective exercises on postural and balance of women with upper crossover syndrome

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Round shoulder > 52 degree, Forward head > 46 degree, Kyphosis > 42 degree Not having surgery history in the past year The absence of anomalies affecting the research process

Exclusion criteria:

use of drugs that affect the balance

Age

From **18 years** old to **25 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **24**

Randomization (investigator's opinion)

Randomized

Randomization description

Subject are randomly assigned to one or two groups with the help of a random number table and receive the intervention of the same group.

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 guilan university of medical sc

Street address

Shahid siadaty ave, namjoo str, Rasht

City

Rasht

Province

Guilan

Postal code

4188794755

Approval date

2019-03-13, 1397/12/22

Ethics committee reference number

IR.GUMS.REC.1397.480

Health conditions studied

1

Description of health condition studied

People with upper cross syndrome

ICD-10 code

Z87.89

ICD-10 code description

Personal history of other specified conditions

Primary outcomes

1

Description

Balance

Timepoint

Measurement of balance tests before and after 6 weeks of intervention

Method of measurement

Functional test of balance

2

Description

Postural status

Timepoint

Measure postural status before and after 6 weeks of intervention

Method of measurement

Check for shoulder belt postural

Secondary outcomes

1

Description

quality of life

Timepoint

Assessing the quality of life before and after 6 weeks of intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

Intervention group: The moderate porticul intervention group performs 3 sessions per week for 6 weeks.

Category

Rehabilitation

2

Description

Control group: There is no intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

University Guilan

Full name of responsible person

Ahmad Razi

Street address

Faculty physical education and sport science Guilan,

5th Gazvin-Tehran Road, Rasht

City

Rasht

Province

Guilan

Postal code

4199613776

Phone

+98 13 3375 3395

Email

javazi_f@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rasht University of Medical Sciences

Full name of responsible person

Mirhoseini Seyed Ziaaedin

Street address

5th Kilometr Gazvin Road, Khalij Fars Highway, Rasht
Down

City

Rasht

Province

Guilan

Postal code

4199613776

Phone

+98 13 0338 3369

Email

szmirhoseini@gmail.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Rasht 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

Rasht University of Medical Sciences

Full name of responsible person

Fariba Javazi

Position

Msc Student

Latest degree

Bachelor

Other areas of specialty/work

Sport injury and Corrective exercise

Street address

Faculty physical education and sport science Guilan,
5th Gazvin-Tehran Road, Rasht

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Rasht University of Medical Sciences

Full name of responsible person

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Person responsible for updating data

Contact

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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

All variable data measured after unidentifiable individuals can be shared.

When the data will become available and for how long

Starting the access period from 1399

To whom data/document is available

Only for researchers working in academic and scientific institutions.

Under which criteria data/document could be used

Scientific use in improving and comparing with other research is allowed.

From where data/document is obtainable

E-mail address for correspondence

What processes are involved for a request to access data/document

Applicants should send the reason for using the documentation to an e-mail.

Comments