

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

Comparative study of stabilization exercise and kinesiotope on neck proprioception and craniovertebral angle in subjects with forward head posture

Protocol summary

Study aim

Comparative study of stabilization exercise and kinesiotope on neck proprioception and craniovertebral angle in subjects with forward head posture

Design

Clinical trial, community-based and pragmatic, with parallel groups, randomized, without control with placebo, single center trial.

Settings and conduct

Neuromuscular Rehabilitation Research Center. Participants are divided into 3 groups. According to the protocol are going under treatment for 3 sessions a week. The neck angle reconstruction error is measured using a digital goniometer at before intervention, after 4 weeks and one month after the intervention.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Girls 18-35 years; Craniovertebral angle is more than 54 degrees; subjects with forward head posture. Exclusion criteria: subjects with forward head posture; High blood pressure; Diabetes; Traumatic injury of the vertebral column.

Intervention groups

Intervention group 1: 33 persons according to the protocol are attached the sports glue or the kinesiotope to the back and neck area. Intervention group 2: 33 persons according to the protocol are going under treatment with stability exercises for 3 sessions a week. Intervention group 3: 33 persons who have sport glue or the kinesiotope on the back and neck area. According to the protocol are going under treatment with stability exercises for 3 sessions a week. In all three groups, the neck angle reconstruction error is measured using a digital goniometer at before intervention, after 4 weeks and one month after the intervention.

Main outcome variables

Error evaluation of the angle of neck reconstruction

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20151228025732N41**

Registration date: **2019-07-14, 1398/04/23**

Registration timing: **registered_while_recruiting**

Last update: **2019-07-14, 1398/04/23**

Update count: **0**

Registration date

2019-07-14, 1398/04/23

Registrant information

Name

Alireza Emadi

Name of organization / entity

Semnan University of Medical Sciences, Semnan, Iran

Country

Iran (Islamic Republic of)

Phone

+98 23 3345 1336

Email address

are20935@semums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-18, 1397/09/27

Expected recruitment end date

2019-12-17, 1398/09/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative study of stabilization exercise and kinesiotope on neck proprioception and craniovertebral angle in subjects with forward head posture

Public title

Comparative study of stabilization exercise and kinesiotope on neck proprioception and craniovertebral angle in subjects with forward head posture

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Age of 18 to 35 years Craniovertral angle is more than 54 degrees subjects with forward head posture

Exclusion criteria:

Neck surgery High blood pressure Diabetes Traumatic injury of the vertebral column

Age

From 18 years old to 35 years old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 99

Randomization (investigator's opinion)

Randomized

Randomization description

Patients are allocated randomly with simple sequential allocation in one of the three study groups by help of sealed envelope and receive the intervention of the same group. The unit of randomization will be the referred patient. The sealed envelopes will be placed at the disposal of the expert. With the referral of each patient one of the envelopes will be randomly selected by the patients and will be introduced as a study group. The stratification approach is not used. Concealment will not take place in the study.

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 Semnan University of Medical Sciences

Street address

Semnan University of Medical Sciences, Basij Blvd, Semnan

City

Semnan

Province

Semnan

Postal code

3514799442

Approval date

2018-12-18, 1397/09/27

Ethics committee reference number

IR.SEMUMS.REC.1397.216

Health conditions studied

1

Description of health condition studied

Neck injury

ICD-10 code

S19.8

ICD-10 code description

Other specified injuries of neck

Primary outcomes

1

Description

Error evaluation of the angle of neck reconstruction

Timepoint

Before, after 4 weeks and one month after the intervention period

Method of measurement

Dualer IQ™ digital Inclinator

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: 33 persons according to the protocol are attached the sports glue or the kinesiotype to the back and neck area. The neck angle reconstruction error is measured using a digital goniometer at before intervention, after 4 weeks and one month after the intervention.

Category

Rehabilitation

2

Description

Intervention group 2: 33 persons according to the protocol are going under treatment with stability

exercises for 3 sessions a week. The neck angle reconstruction error is measured using a digital goniometer at before intervention, after 4 weeks and one month after the intervention.

Category

Rehabilitation

3

Description

Intervention group 3: 33 persons who have sport glue or the kinesiotape on the back and neck area. According to the protocol are going under treatment with stability exercises for 3 sessions a week. The neck angle reconstruction error is measured using a digital goniometer at before intervention, after 4 weeks and one month after the intervention.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Neuromuscular Rehabilitation Research Center

Full name of responsible person

Atefe Aminianfar

Street address

Neuromuscular Rehabilitation Research Center, Qods Blvd, Mashahir Aven.

City

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3513138111

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are20935@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Fatemeh Ehsani

Street address

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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

Semnan 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

Semnan University of Medical Sciences

Full name of responsible person

Atefeh Aminianfar

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Atefeh Aminianfar

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

Somayeh Parishan

Position

Student

Latest degree

Master

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

-

When the data will become available and for how long

-

To whom data/document is available

Only available to scholars working in academic institutions.

Under which criteria data/document could be used

In case of relevant studies.

From where data/document is obtainable

Atefeh Aminianfar. Neuromuscular Rehabilitation Research Center, Ghods Blvd. +98 9127312407

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

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Comments