Clinical Trial Protocol
Iranian Registry of Clinical Trials

20 Sep 2026

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

Protocol summary

Study aim
Comparative study of stabilization exercise and kinesiotaping 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; Craniovertral 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 kinesiotype 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 kinesiotype 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)

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+98 23 3345 1336

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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 kinesiotaping on neck proprioception and craniovertebral angle in subjects with forward head posture

Public title
Comparative study of stabilization exercise and kinesiotaping 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 Inclinometer

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 kinesiotype 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.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Fatemeh Ehsani

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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

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Person responsible for updating data

Contact
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Somayeh Parishan
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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
-
Comments