Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

Comparative study of stabilization exercise and taping technique individually and in combined mode in postural correction and balance index in subjects with forward head posture, in Semnan

Protocol summary

Summary

The objective of this randomized trial is to investigate the effect of stabilization exercise and taping technique individually and in combined mode in postural correction and balance index in subjects with forward head posture. In this study 60 subjects who meet the inclusion/exclusion criteria will be recruited and randomly assigned into one of the 3 intervention or control group. The subjects in the intervention group 1 will receive cervical stabilization exercise.Tape will be applied on cervical and shoulder girdle muscles in group 2. The subjects in the intervention group 3 will receive a combination of taping and stabilization exercise. The subjects in control group will receive no intervention. Intervention lasts for 6 weeks. Balance indices and postural features of all participants will be measured before intervention, immediately after and 1 month after the intervention, and will be compared among 4 groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201207184203N4**
Registration date: **2012-08-16, 1391/05/26**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2012-08-16, 1391/05/26

Registrant information

Name

Atefeh Aminian Far

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Deputy of Research, Semnan University of Medical Sciences (Governmental source)

Expected recruitment start date

2012-09-05, 1391/06/15

Expected recruitment end date

2013-03-19, 1391/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative study of stabilization exercise and taping technique individually and in combined mode in postural correction and balance index in subjects with forward head posture, in Semnan

Public title

Effect of Stabilization Exercise and Taping in Correction of Forward Head Posture

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1) presence of forward head posture, 2) pain lasting less than 3 months during last year, 3) aged between 18-40 years, 4) female subjects Exclusion criteria: spinal surgery, history of neck trauma, acute and

recurrent back and neck pain, history of musculoskeletal treatment during last year, neuromuscular complain, spinal deformity (scoliosis, torticollis), central nervous system disease, chronic respiratory disease during 5 years age, tempromandibular joint surgery or dysfunction, visual deficits not corrected with eyeglass, vestibular disorders, ankle, knee or hip disorders, balance disorders, fall history, taking drugs with side effects on postural control system, taking part in back and neck training program during last 12 months,presence of skin hypersensitivity to tape.

Age
From **18 years** old to **40 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description

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
Deputy of Research, Semnan University of Medical Sciences

Street address
Bassij Blvd, Semnan University of Medical Sciences, Deputy of Research, Semnan, Iran.

City
Semnan

Postal code
3519899951

Approval date
2012-06-26, 1391/04/06

Ethics committee reference number
91/193619

Health conditions studied

1

Description of health condition studied
Other acquired deformities of musculoskeletal system and connective tissue

ICD-10 code
M95.3

ICD-10 code description
Acquired deformity of neck

Primary outcomes

1

Description
Forwared head posture magnitude

Timepoint
Before Intervention, 6 weeks following the intervention, 1 month following end of intervention.

Method of measurement
through measurement of cranio-vertebral angle

2

Description
Center of pressure displacement magnitude

Timepoint
Before Intervention, 6 weeks following the intervention, 1 month following end of intervention.

Method of measurement
through force plate

3

Description
velocity of center of pressure displacement magnitude

Timepoint
Before Intervention, 6 weeks following the intervention, 1 month following end of intervention.

Method of measurement
through force plate

4

Description
Clinical evaluation of subjects

Timepoint
Before Intervention, 6 weeks following the intervention, 1 month following end of intervention.

Method of measurement
through plumb line

Secondary outcomes

empty

Intervention groups

1

Description
Intervention (1): Cervical stabilization exercise. Stabilization exercises are as follows: Retraction of neck

and scapula and contraction of abdominal muscles in supine position Sensory motor exercise on tilt board while maintaining retraction of head Co-contraction of deep neck flexors and sub-occipital muscles Segmental retraining of multifidus muscles Multifidus muscle contraction against gravity Cervical bracing in quadruped position Weight shift while maintaining retraction of scapula. All maintain of positions lasts for 30 seconds, all exercises will be done for 10 times, and 10 seconds. All exercises will be perform twice per week for 6 weeks.

Category

Rehabilitation

2

Description

Intervention (2): Taping on cervical and shoulder girdle muscles. Application of tape lasts for 6 weeks and will be change in case of need.

Category

Rehabilitation

3

Description

Intervention (3): Combination of Cervical stabilization exercise and taping on cervical and shoulder girdle muscles.All exercises will be perform twice per week for 6 weeks in combination of tape on the area.

Category

Rehabilitation

4

Description

Control: no intervention

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Clinics under supervision of Semnan University of Medical Sciences

Full name of responsible person

Dr. Atefeh Aminian Far

Street address

Kilometer 5 Damghan road, Semnan University of Medical Sciences

City

Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy of Research, Semnan University of Medical Sciences

Full name of responsible person

Dr. Raheb Ghrbani

Street address

Bassij Blvd, Semnan University of Medical Sciences, Deputy of Research, Semnan, Iran.

City

Semnan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Deputy of Research, Semnan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Dr. Atefeh Aminian Far

Position

Ph.D of Physiotherapy/ Assistant Professor

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty