

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jul 2026

### Comparison between Chin tuck exercise and stabilizing exercise on the head forward posture

#### Protocol summary

##### Summary

This study has been designed to investigate if there is any beneficiary effect from the stabilizing exercise for correction of Forward head posture. 50 female university students with FHP will be participated and assigned in one of the two experimental groups: 1) chin tuck exercise and 2) chin tuck exercise plus stabilizing exercise group. Intervention protocols in both experimental groups include 4 weeks, twice a daily (morning and evening) of 10 set of exercise (10 sec of performance and 10 sec rest). All subjects will be instructed and controlled to ensure of correct performance of exercises. The subjects in the control group will perform chin tuck exercises and in the experimental group will perform chin tuck and neck stabilizing exercise simultaneously. The distance between center of ear and line of gravity in up right standing position will be measured before and after 4 weeks of exercise in both groups.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT138806221254N3**

Registration date: **2009-10-03, 1388/07/11**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2009-10-03, 1388/07/11

##### Registrant information

##### Name

Amir Hoshang Bakhtiary Davijani

##### Name of organization / entity

Semnan University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 23 1444 1983

##### Email address

amirbakhtiary@sem-ums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Semnan University of Medical sciences

##### Expected recruitment start date

2009-09-23, 1388/07/01

##### Expected recruitment end date

2010-03-18, 1388/12/27

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison between Chin tuck exercise and stabilizing exercise on the head forward posture

##### Public title

Comparison between Chin tuck exercise and stabilizing exercise on the head forward posture

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: Female students of Semnan University of Medical Sciences with Forward head posture  
Exclusion criteria: Presence of neuromuscular, musculoskeletal, cardiovascular or respiratory diseases, presence of shoulder or arm radicular pain, presence of neck pain and limited range of movement in neck vertebral column

##### 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: 50

**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**  
Ethics Committee of Semnan University of Medical Sciences

**Street address**  
Semnan, Blv Basij

**City**  
Semnan

**Postal code**

**Approval date**  
2009-08-09, 1388/05/18

**Ethics committee reference number**  
a/2/6419

## Health conditions studied

### 1

**Description of health condition studied**  
Forward Head Posture

**ICD-10 code**

**ICD-10 code description**

## Primary outcomes

### 1

**Description**  
The rate of head forward displacement

**Timepoint**  
Before and after 4 weeks intervention

**Method of measurement**  
Distance between the center of ear to the line of gravity (in mm)

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**  
Neck stabilizing exercise plus chin tuck exercise (10 times, 2 times a day for 4 weeks)

**Category**  
Rehabilitation

### 2

**Description**  
Chin tuck exercise (10 times, 2 times a day for 4 weeks)

**Category**  
Rehabilitation

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**  
Semnan University of Medical sciences

**Full name of responsible person**  
Amir hoshang Bakhtiary

**Street address**

**City**  
Semnan

## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**  
Semnan University of medical Sciences

**Full name of responsible person**  
Dr Raheb Ghorbani

**Street address**  
Semnan, Blv Bsij

**City**  
Semnan

**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**  
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**

Amir Hooshang Bakhtiary

**Position**

Associate professor/ PhD in Physiotherapy

**Other areas of specialty/work**

**Street address**

Physiotherapy Group, Rehabilitation Faculty,  
University Educational Campus, Km 5 Road to  
Damghan

**City**

Semnan

**Postal code**

**Phone**

+98 23 1444 1983

**Fax**

**Email**

amirbakhtiary@sem-ums.ac.ir, amir822@yahoo.com

**Web page address**

Damghan  
**City**  
Semnan  
**Postal code**  
**Phone**  
+98 23 1444 1983  
**Fax**  
**Email**  
amirbakhtiary@sem-ums.ac.ir, amir822@yahoo.com  
**Web page address**

## Person responsible for updating data

### Contact

**Name of organization / entity**

**Full name of responsible person**

Amir Hooshang Bakhtiary

**Position**

**Other areas of specialty/work**

**Street address**

**City**

**Postal code**

**Phone**

**Fax**

**Email**

**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Semnan University of Medical Sciences

**Full name of responsible person**

Amir Hoshang Bakhtiary

**Position**

Associate professor/ PhD in Physiotherapy

**Other areas of specialty/work**

**Street address**

Physiotherapy Group, Rehabilitation Faculty,  
University Educational Campus, Km 5 Road to

## 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*