Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of Alexander technique on quality of life of patients after laminectomy

Protocol summary

Study aim
Determining the effect of Alexander technique on quality of life of patients after laminectomy

Design
A community-based, pragmatic, control group clinical trial was randomized with parallel groups.

Settings and conduct
Alexander technique will be taught for 8 weeks, two sessions a week, in 16 sessions and 60 minutes each session by an expert instructor in this field. All training of Alexander technique will be done in the indoor gym of Kashan University of Medical Sciences.

Participants/Inclusion and exclusion criteria
Inclusion criteria are: Age between 18 and 60 years with full consciousness One month to one and a half months after laminectomy surgery (cause of lumbar disc herniation surgery or spinal canal stenosis) ؛ No entry conditions : simultaneous use of other complementary therapies Cases of hospitalization, back injury and death Prohibition notified by a neurologist during the study In case of complications or exacerbation, it will be excluded from the study at the discretion of the physician Known mental disorder

Intervention groups
In the Alexander technique intervention group, for 8 weeks, two sessions per week, during 16 sessions and each session will be 60 minutes. The training will take place on Saturdays, Mondays of each week, so that female patients will return in the morning on the desired days and male patients in the afternoon of the same day. Both sexes will be trained by an expert instructor in this field. Patients in the control group have their previous therapies and do not receive any training on Alexander technique exercises.

Main outcome variables
Quality of life

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20111210008348N46**
Registration date: **2020-08-04, 1399/05/14**
Registration timing: **registered_while_recruiting**

Last update: **2020-08-04, 1399/05/14**
Update count: **0**

Registration date
2020-08-04, 1399/05/14

Registrant information

Name
Neda Mirbagher
Name of organization / entity
Kashan University of Medical Science
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-06-06, 1399/03/17

Expected recruitment end date
2020-09-20, 1399/06/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of Alexander technique on quality of life of patients after laminectomy

Public title
The effect of Alexander technique on quality of life of patients after laminectomy

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Age between 18 and 60 years Having full consciousness One month to one and a half months after laminectomy (due to low disc herniation or spinal canal stenosis)

Exclusion criteria:
simultaneous use of other complementary therapies Cases of hospitalization, back injury and death Prohibition notified by a neurologist during the study In case of complications or exacerbation, it will be excluded from the study at the discretion of the physician Known mental disorder

Age
From **18 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description
Random allocation in the two groups of intervention and control uses the method of random blocks (7 blocks of 10 people) using software.

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 Kashan University of Medical Sciences

Street address
Ravand Street, Kashan University of Medical Sciences.

City
Kashan

Province
Isfehan

Postal code
8715981151

Approval date
2020-06-06, 1399/03/17

Ethics committee reference number
IR.KAUMS.NUHEPM.REC.1399.016

Health conditions studied

1

Description of health condition studied
Alexander's Technique

ICD-10 code
Z50

ICD-10 code description
Care involving use of rehabilitation procedures

Primary outcomes

1

Description
Quality of life

Timepoint
Before and one month after the intervention

Method of measurement
SF36 quality of life questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The Alexander technique will be performed for 8 weeks, two sessions a week, in 16 sessions, each session lasting 60 minutes. The instructor will be trained in this field. It will be provided to patients to motivate them to participate in research and perform this technique regularly. Then the training of this technique begins, which includes the first and second sessions, including keeping the head correctly in the position of walking and standing, and sports exercises in this field.The Alexander technique will be performed for 8 weeks, two sessions a week, in 16 sessions, each session lasting 60 minutes. The instructor will be trained in this field. It will be provided to patients to motivate them to participate in research and perform this technique regularly. Then the training of this technique begins, which includes the first and second sessions, including keeping the head correctly in the position of walking and standing, and sports exercises in this field. The third session includes teaching the correct way to sit and stand and sports exercises in this field, the fourth and fifth sessions include teaching the correct method of bending and lifting objects from the ground and working

in a bent position and sports exercises in this field, the sixth session of the method training Proper carrying of bags, equipment and sports exercises in this field, the seventh session, the correct method of sitting and sports exercises in this field, and in the last session, the correct postures of the face, eyes and breathing will be taught.

Category

Treatment - Other

2

Description

Control group: Patients in the control group have their previous therapeutic procedures and do not receive any training on Alexander technique exercises. At the end of the study, if the technique is effective, a training booklet on the Alexander technique will be provided to patients in the control group.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Beheshti Hospital and Naghavi Hospital of Kashan

Full name of responsible person

Neda Mirbagher

Street address

Kashan Ravand street,Shahid Beheshti Hospital and Ayatollah Kashani Street next to the intersection of Ayatollah Kashani Naghavi Hospital

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8715981151

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Hamid Reza Banafsheh

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Grant name

Grant code / Reference number

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

No

Title of funding source

Kashan 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

Kashan University of Medical Sciences

Full name of responsible person

Neda Mirbagher

Position

assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Kashan,RavandStreet,Kashan University of Medical Sciences

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

assistant 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

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Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Data of participants are confidential

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable