Clinical Trial Protocol
Iranian Registry of Clinical Trials

21 Nov 2026

Effect of Corrective Exercises on Alignment, Function, Proprioception of The Neck, Balance and Level of Intensity, Duration and Frequency of The Head in Women with Cervicogenic Headache, Forwardhead and Shoulder Complex

Protocol summary

Study aim

To Study of Effecting Of Corrective Exercises on Alighnment,Function, Proprioception of the Neck, Balance, Severity, Duration and Frequency of headache In Women With Forwardhead And Shoulder Complex

Design

A Randomized, controlled Clinical Trial, With experimental Group(Corrective Exercise) and Control Group(physiotherapy)

Settings and conduct

24 women suffering from cervicogenic headache with the forward head and shoulder complex were selected by a neurologist and correctional specialist, by the profiled body imaging. Then, 12 people, were randomly assigned to the experimental group for doing the corrective exercises. 12 other individuals were placed in the control group and did the physiotherapy exercises. At the end of 2 weeks, Alignment,performance, Proprioception of the Neck, Balance and Severity,Duration and Frequency of the hedache, were measured again. Independent t-test and dependent t-test were used to examine the out of group and intergroup differences, respectivley.

Participants/Inclusion and exclusion criteria

1-women in Limited age of 20 to 45 2-Have Cervicogenic Headache 3-Forwardhead Angle of Greater than 46 Degree and Forward Shoulder Angle of Greater than 54 Degree FIERING criterion 1-have Kyphosis and Scoliosis 2-have a Sight and Vestibular Disorder 3-Unconcern with Contributing

Intervention groups

12 of Corrective Exercises

Main outcome variables

Improvement of Alighnment, Function, Proprioception of The Neck, Balance, Severity, Duration and Frequency of headache.

General information

Reason for update

Acronym

تاثير تمرينات اصلاحي بر مبتلايان به سردرد سرويكوژنيك

IRCT registration information

IRCT registration number: **IRCT20200805048314N1**
Registration date: **2020-08-12, 1399/05/22**
Registration timing: **retrospective**

Last update: **2020-08-12, 1399/05/22**
Update count: **0**

Registration date

2020-08-12, 1399/05/22

Registrant information

Name

Saba Yazdani

Name of organization / entity

Faculty of Physical Education and Sport Sciences - University of Tehran

Country

Iran (Islamic Republic of)

Phone

+98 21 2254 7160

Email address

faridhaghighi68@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-04-06, 1398/01/17

Expected recruitment end date

2019-05-10, 1398/02/20

Actual recruitment start date

2019-04-09, 1398/01/20

Actual recruitment end date
2019-06-03, 1398/03/13
Trial completion date
2019-09-23, 1398/07/01

Scientific title
Effect of Corrective Exercises on Alignment, Function, Proprioception of The Neck, Balance and Level of Intensity, Duration and Frequency of The Head in Women with Cervicogenic Headache, Forwardhead and Shoulder Complex

Public title
Effect of Corrective Exercises on Alignment, Function, Proprioception of The Neck, Balance and Level of Intensity, Duration and Frequency of The Head in Women with Cervicogenic Headache, Forwardhead and Shoulder Com
Purpose
Other
Inclusion/Exclusion criteria
Inclusion criteria:
Women in limited age of 20-45 Had a cervicogenic headache for less months A Forward Head Angle Greater Than 46 Degree and Forward Shoulder Angle Greater Than 52
Exclusion criteria:
Difficulties in Vestibular System and Sight Have a Truma in Neck and face Unconcern Subject for Countinuation of Research
Age
From **20 years** old to **45 years** old
Gender
Female

Phase
N/A
Groups that have been masked

- Participant
- Investigator
- Outcome assessor

Sample size
Target sample size: **10**
Actual sample size reached: **12**
Randomization (investigator's opinion)
Randomized
Randomization description
Method of Randomize: Simple Measurement of Randomize: Individual Instruments of Randomize: Seal up White Packet
Blinding (investigator's opinion)
Double blinded
Blinding description
Participants, Clinical Attentive, Analizer, Sequre Committee By Seal up With Packet
Placebo
Not used
Assignment
Factorial
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Physical Education and Sport Sciences,University of Tehran
Street address
Unit 5, number 13,faryar ave, hedayat St, shariati St, Tehran, Iran
City
Tehran
Province
Tehran
Postal code
۱۹۴۸۹۳۷۳۱
Approval date
2019-07-15, 1398/04/24
Ethics committee reference number
IR.ut.sport.rec.1398.025

Health conditions studied

1

Description of health condition studied
Cervicogenic headache
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Alignment,Function,Proprioception of the Neck,Balance, Intensity and severity and Frequency of Head Pain
Timepoint
After 12 Weeks corrective exercises
Method of measurement
Photogrammetry,Functional test of muscle Endurance,Biodex,Questioner

Secondary outcomes

1

Description
Quality of life
Timepoint
Affter 12 weeks of Corrective Exercises
Method of measurement
Questionnair of Quality of Life

Intervention groups

1

Description
Intervention group: Corrective Exercises
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Sina Clinic
Full name of responsible person
Samaneh Haghighi
Street address
Emam khomeyni Ave, imam hassan Blvd, Sina hospital
City
Tehran
Province
Tehran
Postal code
۱۹۴۴۸۹۳۷۳۱
Phone
+98 21 2254 7160
Email
Saba72yazdani@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Foad seidi
Street address
Faculty of Physical Education and Sport Sciences, between 15th and 16th St., North Kargar st., Tehran, Islamic Republic
City
Tehran
Province
Tehran
Postal code
۱۹۴۴۸۹۳۷۳۱
Phone
+98 21 2254 7160
Email
Infosport@ut.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tehran 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
Tehran University of Medical Sciences
Full name of responsible person
Saba yazdani
Position
MSc of Corrective Exercises,Health and Sport Medicine Department,Faculty of Physical Education and S
Latest degree
Master
Other areas of specialty/work
Personal Trainer
Street address
Unit 5, number 13,faryar ave, hedayat St, shariati St, Tehran, Iran
City
Tehran
Province
Tehran
Postal code
۱۹۴۴۸۹۳۷۳۱
Phone
+98 21 2254 7160
Email
Saba72yazdani@gmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Saba yazdani
Position
Personal atrainer
Latest degree
Master
Other areas of specialty/work
MSc, of Corrective Exercises, Health and Sport Medicine Department, Faculty of Physical Education and sport Science, University of Tehran
Street address
Unit 5, number 13,faryar ave, hedayat St, shariati St, Tehran, Iran
City
Tehran

Province
Tehran
Postal code
۱۹۴۴۸۹۳۷۳۱
Phone
+98 21 2254 7260
Email
Saba72yazdani@gmail.com

Person responsible for updating data

Contact
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Saba Yazdani
Position
MSc of Corrective Exercises,Health and Sport Medicine Department,Faculty of Physical Education and S
Latest degree
Master
Other areas of specialty/work
Personal Trainer
Street address
Unit 5, number 13,faryar ave, hedayat St, shariati St, Tehran, Iran
City
Tehran
Province
Tehran
Postal code
۱۹۴۴۸۹۳۷۳۱
Phone
+98 21 2254 7160
Email
Saba72yazdani@gmail.com

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
Private
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available
Title and more details about the data/document
Age,high,BMI,Wheigh
When the data will become available and for how long
10 Month After Print
To whom data/document is available
Universal Researchers
Under which criteria data/document could be used
Other Research
From where data/document is obtainable
Saba72yazdani@gmail.com
What processes are involved for a request to access data/document
I will Explain for them with email
Comments