

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

06 Jul 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 Alignment,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 Alignment, Function, Proprioception of The Neck, Balance, Severity, Duration and Frequency of headache.

#### General information

##### Reason for update

##### Acronym

تأثیر تمرینات اصلاحی بر مبتلایان به سردرد سرویکوژنیک

##### 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, Analyzer, Sequire 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**

۱۹۴۴۸۹۳۷۳۱

**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

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****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**