

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

Comparing between forward head position exercise and core stabilization exercise on balance, pain and degree of lordosis in women with nonspecific chronic low back pain

Protocol summary

Study aim

Comparing between forward head position exercise and core stabilization exercise on balance, pain and degree of lordosis in women with nonspecific chronic low back pain

Design

The number of samples is 60 eligible subjects who are selected based on inclusion and exclusion criteria. The samples are divided into three training groups and one control group. The variables of lordosis, balance, and pain intensity are measured before and after exercise.

Settings and conduct

The present study is a quasi-experimental research with a pre-test-post-test design with 3 experimental group and a control group. The number of samples is 60 eligible subjects who are selected based on inclusion and exclusion criteria. The variables of lordosis, balance, and pain intensity are measured before and after exercise.

Participants/Inclusion and exclusion criteria

Non-Athletics women with non-specific chronic low back pain

Intervention groups

Core Exercise, Forward Head Exercise and Combination Exercise

Main outcome variables

Lordosis, Balance, Pain

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200915048730N1**

Registration date: **2021-01-16, 1399/10/27**

Registration timing: **retrospective**

Last update: **2021-01-16, 1399/10/27**

Update count: **0**

Registration date

2021-01-16, 1399/10/27

Registrant information

Name

Atefe Ghorbani

Name of organization / entity

The University of shahid beheshti

Country

Iran (Islamic Republic of)

Phone

+98 21 7727 7908

Email address

at.ghorbani@mail.sbu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-09-22, 1399/07/01

Expected recruitment end date

2020-11-21, 1399/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing between forward head position exercise and core stabilization exercise on balance, pain and degree of lordosis in women with nonspecific chronic low back pain

Public title

Comparing different exercise on nonspecific chronic low back pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Normal BMI(18.5-24) Don't get any rehabilitation exercise in one years ago Don't have any seriously injury in spinal column(surgery ...) in 3 years ago Oswestry test score under 25 VAS score between 4-7 Low back lordosis degree more than 42 Neck lordosis degree more than 46 Low back pain more than 3 month without structural cause

Exclusion criteria:

Low backpain with structural cause (Hit, Accident, ...) Spinal disc herniation and having tumor in neck and low back VAS score more than 7 and less than 4 Low back lordosis degree less than 42 Neck lordosis degree less than 46 Get rehabilitation exercise

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: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

The simple Randomization Method was used to Assign Individuals to two Groups that in this Method, Random Allocation Software was used to Create a Random Sequence. Then, for not Clearing that People Assigning to which Group before Allocated in other Words Allocation Concealment, was used as a Central Randomization Method.

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 shahid beheshti university

Street address

Shahid Beheshti University, Shahid Shahriari Square, Daneshjou Boulevard, Shahid Chamran Highway, Tehran,Iran

City

Tehran

Province

Tehran

Postal code

1983969411

Approval date

2019-03-02, 1397/12/11

Ethics committee reference number

IR.SBU.REC.1399.049

Health conditions studied

1

Description of health condition studied

Nonspecific chronic low back pain

ICD-10 code

M54.5

ICD-10 code description

Low back pain

Primary outcomes

1

Description

Degree of low back lordosis

Timepoint

Before started project

Method of measurement

flexible ruler

Secondary outcomes

1

Description

balance

Timepoint

Before started project

Method of measurement

Biodex balance system

Intervention groups

1

Description

Intervention group: core stabilisation exercise

Category

Rehabilitation

2

Description

Intervention group: forward head position exercise

Category

Rehabilitation

3

Description

Intervention group: combination exercise (core and forward head)

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Laboratory of physical education college in Shahid Beheshti University

Full name of responsible person

Sirous Sheikhi

Street address

Shahid Beheshti University, Shahid Shahriari Square, Daneshjou Boulevard, Shahid Chamran Highway, Tehran,Iran

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at.ghorbani69@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid beheshti university

Full name of responsible person

Afshar jafari

Street address

Shahid Beheshti University, Shahid Shahriari Square, Daneshjou Boulevard, Shahid Chamran Highway, Tehran,Iran

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Email

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid beheshti university

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

Shahid beheshti university

Full name of responsible person

Atefe Ghorbani

Position

Researcher

Latest degree

Master

Other areas of specialty/work

Corrective exercise and sport injury

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Person responsible for scientific inquiries

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Full name of responsible person

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Position

Researcher

Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Shahid beheshti university

Full name of responsible person

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Position

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All Potential Data Can be Shared After People have not been Identified

When the data will become available and for how long

Start the Access Period one Year After Printing the Results

To whom data/document is available

Data will be Available to Academic and Scientific Researchers

Under which criteria data/document could be used

Any Kind of Functional Analysis on the Submitted Data is Allowed

From where data/document is obtainable

By Email

What processes are involved for a request to access data/document

By Email

Comments