Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of corrective and respiratory exercices on craniovertebral angle and respiratory function in elderly cases with history of COVID-19

Protocol summary

Study aim
The aim of this study was to investigate the effect of corrective and respiratory exercises on cranio-vertebral angle and respiratory function in the elderly with a history of Covid-19.

Design
A clinical trial with a control group, no blinding, non-random, on 30 patients.

Settings and conduct
Elderly (50 to 70 years old) men and women who live in Rasht and are referred to medical centers with a history of the Covid-19 virus six months ago and have head forward and chest kyphosis are selected and allocated in two groups. The experimental group receives intervention but the control group is not intervene.

Participants/Inclusion and exclusion criteria
Inclusion criteria: More than three months have passed since the definitive diagnosis of COVID-19 and negative PCR test; more than six months have passed since other acute illnesses; no COPD or other acute respiratory illness; do not use aids to walk and perform other daily activities.

Intervention groups
Intervention group: In addition to conventional therapies after Covid-19, receives corrective and breathing exercises. Control group: receives conventional treatments after Covid-19.

Main outcome variables
Cranio-vertebral angle; respiratory capacity

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20160815029373N7**
Registration date: **2021-09-01, 1400/06/10**
Registration timing: **registered_while_recruiting**
Last update: **2021-09-01, 1400/06/10**
Update count: **0**

Registration date
2021-09-01, 1400/06/10

Registrant information
Name
Parisa Sedaghati
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-08-23, 1400/06/01

Expected recruitment end date
2021-11-22, 1400/09/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of corrective and respiratory exercices on craniovertebral angle and respiratory function in elderly cases with history of COVID-19

Public title
The effect of exercise on the respiratory function of the elderly after COVID-19

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

More than three months have passed since the definitive diagnosis of COVID-19. No COPD or other acute respiratory illness.

Exclusion criteria:

Recurrence of corona disease Not willingness to cooperation in this study

Age

From **50 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

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

Kashan University of Medical Sciences, Kashan, I.R. Iran

City

Kashan

Province

Isfehan

Postal code

88715973474

Approval date

2021-06-26, 1400/04/05

Ethics committee reference number

IR.KAUMS.REC.1400.021

Health conditions studied

1

Description of health condition studied

Coronavirus

ICD-10 code

B34.2

ICD-10 code description

Coronavirus infection, unspecified

Primary outcomes

1

Description

Respiratory capacity

Timepoint

The beginning of the study and eight weeks later

Method of measurement

Spirometer

2

Description

Cranio vertebral angle

Timepoint

The beginning of the study and eight weeks later

Method of measurement

Guniameter

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Correctional and breathing exercises with conventional therapy, breathing exercises used in this study including deep breathing exercises, feathered death exercises, deep death exercises, deep inhaling and exhaling exercises with concentration, diaphragmatic breathing and three-step breathing.

Category

Rehabilitation

2

Description

Control group: Conventional treatments include medications prescribed by a doctor for side effects or other conditions such as a specific sleeping position or intensity of physical activity prescribed by a doctor.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Pars clinic for patients with Covid-19

Full name of responsible person

Fakhimi Koorosh
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Rasht, Hajiabad St., Pars Clinic
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
The University of Guilan
Full name of responsible person
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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
The University of Guilan
Proportion provided by this source
50
Public or private sector
Private
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Persons

Person responsible for general inquiries

Contact
Name of organization / entity
University of Guilan
Full name of responsible person
Parisa Sedaghati
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Other areas of specialty/work
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

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
Undecided - It is not yet known if there will be 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