Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The comparative study of the effect of stabilization exercise and stretching-strengthening exercise on postural correction and balance parameters in forward head posture patients.

Protocol summary

Summary

Purpose of study: The comparative study of the effect of stabilization exercise and stretching-strengthening exercise on postural correction and balance parameters in forward head posture patients. Type of study: Randomized controlled trial. Population: Twenty forward head posture patient and twenty normal subjects without postural abnormalities. Inclusion criteria: Deviation more than 2 cm of lobe of the ear from plumb line. Exclusion criteria: Subjects without forward head posture/history of pain in the recent year. Sample size: 40 people. Intervention: Stabilization exercise and stretching-strengthening exercise. Intervention time: 6 weeks (3 time a week). Outcome: Degree of forward head posture-balance parameters

General information

Acronym

Intervention

IRCT registration information

IRCT registration number: **IRCT201011065112N1**
Registration date: **2010-12-04, 1389/09/13**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2010-12-04, 1389/09/13

Registrant information

Name

Rozita Hedayati

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 1335 4180

Email address

hedayati@sem-ums.ac.ir

Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences

Expected recruitment start date

2010-09-23, 1389/07/01

Expected recruitment end date

2011-06-22, 1390/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparative study of the effect of stabilization exercise and stretching-strengthening exercise on postural correction and balance parameters in forward head posture patients.

Public title

The comparative study of the effect of stabilization exercise and stretching-strengthening exercise on postural correction and balance in forward head posture patients.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1) Existence forward head posture. 2) No history of pain in the recent year that last more than 3 months. 3) Age between 18 and 40. 4) Female. Exclusion criteria: 1) Spinal surgery. 2) History of neck trauma. 3) Acute or recurrent pain in neck and back. 4)

Any musculoskeletal treatment in neck pain in the recent year. 5) Complain of any neuromuscular symptoms. 6) Spinal deformities such as scoliosis and turtleneck. 7) Disorders of central nervous system. 8) Chronic respiratory disorders in the last 5 years. 9) Surgery or disorders in tempromandibular joint. 10) Visual disorder not correctable with glasses. 11) Vestibular disorders. 12) Ankle, knee and hip injury. 13) Balance disorders. 14) Falling history. 15) Drugs with side effect on postural control system. 16) Attending training exercise in neck and back in the last 12 months

Age

From **18 years** old to **40 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

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 Semnan university of Medical Science

Street address

Semnan University of Medical Science- Damghan Road, 5 km towards Damghan

City

Semnan

Postal code

Approval date

2010-10-19, 1389/07/27

Ethics committee reference number

18301 /3/۹

Health conditions studied

1

Description of health condition studied

Forward head posture

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Degree of forward head posture

Timepoint

6 weeks

Method of measurement

Cranio-Vertebral angle

2

Description

Balance parameters

Timepoint

6 weeks

Method of measurement

Displacemet and velocity of center of pressure

Secondary outcomes

empty

Intervention groups

1

Description

Interventional group with stabilization exercises -6 weeks, 3time a week .(Including stabilization exercises of upper quarter)

Category

Rehabilitation

2

Description

control group

Category

N/A

3

Description

Interventional group with stretching-strengthening exercises- 6weeks, 3time a week. (Including stretching exercises of short muscles and strengthening of weak muscles of upper quarter)

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Rehabilitation Research Center of Semnan University of Medical Science

Full name of responsible person
Amir Hushang Bakhtiary

Street address
Damghan Road, 5 km towards Damghan- Semnan

City
Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Research Deputy of Semnan University of Medical Science

Full name of responsible person
Raheb Ghorbani

Street address
Damghan Road, 5 km towards Damghan- Semnan

City
Semnan

Grant name

Grant code / Reference number

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

Title of funding source
Research Deputy of Semnan University of Medical Science

Proportion provided by this source
100

Public or private sector
empty

Domestic or foreign origin
empty

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
empty

Person responsible for general inquiries

Contact

Name of organization / entity
Rehabilitation Faculty

Full name of responsible person
Rozita Hedayati

Position
PHD/ Academic Member of Rehabilitation Faculty

Other areas of specialty/work

Street address
Semnan University of Medical Science- Damghan Road, 5 km towards Damghan

City
Semnan

Postal code

Phone
+98 912 609 0589

Fax

Email
rosehed@yahoo.com; hedayati@sem-ums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Rehabilitation Faculty

Full name of responsible person
Rozita Hedaiati

Position
PHD/ Academic Member of Rehabilitation Faculty

Other areas of specialty/work

Street address
Semnan University of Medical Science- Damghan Road, 5 km towards Damhan- Semnan

City
Semnan

Postal code

Phone
+98 912 609 0589

Fax

Email
rosehed@yahoo.com; hedayati@sem-ums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Rehabilitation Faculty

Full name of responsible person
Rozita Hedayati

Position
PHD/ Academic Member of Rehabilitation Faculty

Other areas of specialty/work

Street address
Semnan University of Medical Science- Damghan Road, 5 km towards Damghan- Semnan

City
Semnan

Postal code

Phone

Fax

Email
rosehed@yahoo.com

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty

Study Protocol
empty

Statistical Analysis Plan
empty

Informed Consent Form
empty

Clinical Study Report
empty

Analytic Code

empty

Data Dictionary

empty