

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The effectiveness of adding postural reeducation techniques to the manual therapy of patients with nonspecific chronic neck pain: A Randomized Clinical Trial.

Protocol summary

Study aim

The effectiveness of adding postural reeducation techniques to the manual therapy on pain, range of motion (ROM) and function of patients with nonspecific chronic neck pain

Design

Randomized, controlled clinical trial with a block group design of 32 patients perform .for Block randomization of general posture reeducation was used spss soft ware

Settings and conduct

randomized Patients with non-specific chronic neck pain are selected from patients who are referred to physiotherapy clinics. Then, subjects are assigned to two groups of control and intervention according to block randomization.

Participants/Inclusion and exclusion criteria

a. Inclusion criteria: 1. Having non specific neck pain for 3 months or more 2. Existence of pain based of VAS more than 3 and 4 3. Age between 18-47 4. Both sex with normal body mass index 5. No smoking habits, have a regular physical activities b. Exclusion criteria: 1. Limited neck range of motion 2. Night pain 3. No patient satisfaction to participation in study 4. Any radicular pain

Intervention groups

Both groups will receive techniques 10 sessions, 45 minute each, according to the participants' needs. Each group will receive manual therapy. In control group: This group receives manual therapy techniques that include the release of soft tissue and muscle energy. In intervention group: This group will receive manual therapy including soft tissue release and muscle energy techniques the same as the control group, Additionally general posture reeducation will add to their treatment program..

Main outcome variables

1-Pain 2-Range of motion 3-Funtion

General information

Reason for update

Unfortunately, the start date of the patients' recruitment and the end date of the interventions were incorrectly entered and corrected.

Acronym

GPPE

IRCT registration information

IRCT registration number: **IRCT20210717051912N1**

Registration date: **2021-08-28, 1400/06/06**

Registration timing: **prospective**

Last update: **2022-05-22, 1401/03/01**

Update count: **1**

Registration date

2021-08-28, 1400/06/06

Registrant information

Name

Fatma Yenyol

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 21 4464 7357

Email address

fatmayenyol1995@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-09-07, 1400/06/16

Expected recruitment end date

2021-11-21, 1400/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of adding postural reeducation techniques to the manual therapy of patients with nonspecific chronic neck pain: A Randomized Clinical Trial.

Public title

Study of general posture reeducation of exercise on neck pain patients

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Having non specific neck pain for 3 months or more
Existence of pain based of VAS more than 3 and 4 Age
between 18-47 Both sex with normal body mass index
No smoking habits, have a regular physical activities

Exclusion criteria:

Limited neck ROM Night pain No patient satisfaction to
participation in study Any radicular pain

Age

From **18 years** old to **47 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **32**
More than 1 sample in each individual
Number of samples in each individual: **16**
16 subjects per group

Randomization (investigator's opinion)

Randomized

Randomization description

The allocation of individuals to the two groups will be by random allocation. Block randomization will be used. The therapist divides people into subgroups called blocks. 8 to four blocks are selected. Individuals in each block are randomly divided into two groups: control (A) and treatment (B). we have 32 per in block each group 16 per in intervention group and 16 per in control group To do this, Excel computer software is used.

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 the University of Social Welfare and Rehabilitation Sciences

Street address

Daneshjoo Blvd., Koodkier Alley, University of Social Welfare and Rehabilitation Sciences

City

tehran

Province

Tehran

Postal code

1481645371

Approval date

2021-07-17, 1400/04/26

Ethics committee reference number

IR.USWR.REC.1400.101

Health conditions studied**1****Description of health condition studied**

non specific chronic neck pain

ICD-10 code

M95.9

ICD-10 code description

Acquired deformity of musculoskeletal system, unspecified

Primary outcomes**1****Description**

1- pain.

Timepoint

Before, after and 2 weeks follow up

Method of measurement

Visual analog scale

2**Description**

2.Range of motion

Timepoint

Before, after and 2 weeks follow up

Method of measurement

Goniometer

3**Description**

3.Function

Timepoint

Before, after and 2 weeks follow up

Method of measurement

Neck disability index questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

intervention group: Manual therapy includes: soft tissue release and muscle energy training, in addition to postural re-training techniques added to their treatment program.

Category

Rehabilitation

2

Description

Control group: This group receives manual therapy such as soft tissue release and muscle energy techniques(MET) .

Category

Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center

Private physiotherapy clinic

Full name of responsible person

Mustafa Bazrafkan

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East Ferdows Boulevard No. 281, 1st floor, Pass Clinic

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2

Recruitment center

Name of recruitment center

Orthopedic Clinic

Full name of responsible person

Dr Habib reshadi

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Punak Blvd. Mirzababaei. Imam Hassan Alley, 4th floor

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

dr.hamid reza khoramkhorshid

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rd@uswr.ac.ir

Grant name

Grant code / Reference number

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

No

Title of funding source

university of social welfare and rehabilitation 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

University of social welfare and rehabilitation sciences

Full name of responsible person

Zahra Mosallanezhad

Position

associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

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Person responsible for updating data

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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

Some of the data, such as information about the consequences, can be shared.

When the data will become available and for how long

Starting the access period: 6 months after publication the results.

To whom data/document is available

Researchers working in academic and academic institutions.

Under which criteria data/document could be used

Only statistical analyses can be used to find treatment for improvement of patients.

From where data/document is obtainable

Applicants can be guided by email authors.

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

First, they will email the authors of the study and we will be answered within a week.

Comments