

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Sep 2026

Comparison the effects of cervical mobilization techniques and neck stabilization exercises on cross-section of neck deep flexor muscles and position sense in patients with chronic non-specific neck pain

Protocol summary

Study aim

Determining and comparing the effect of neck vertebral mobilization techniques and neck stabilization exercises on the cross-section of the deep flexor muscles of the neck, sense of position, pain and disability in patients with non specific chronic neck pain

Design

The randomized controlled trial; double-blind; randomly divided into three groups of stabilization exercises, mobilization, and control using the permutation block method.

Settings and conduct

Razmjo Moghadam Physiotherapy Clinic Zahedan

Participants/Inclusion and exclusion criteria

Inclusion criteria: both sexes; aged 18 to 55 years; chronic nonspecific neck pain; body mass index between 18 and 30; neck disability index score equal to or greater than 5 out of 50; resting pain score at least 3 out of 10. Exclusion criteria: neck instability; signs or symptoms of vertebral artery insufficiency; severe osteoporosis; tumors; spinal tuberculosis; spinal diseases, etc; history of cervical spine surgery in the last 12 months; diagnosis of serious pathological disease of the spine (inflammatory spondyloarthropathy, fracture or infection); history of any treatment in 12 previous weeks; presence of neurological symptoms indicating pressure on the nerve root; pregnancy.

Intervention groups

Control group: Routine physiotherapy (tens, ultrasound and hot pack) for 6 weeks, 3 days per week. Stability Exercises Group: In addition to routine physiotherapy treatments, they receive stability exercises for 6 weeks, 3 times a week. Mobilization group: In addition to routine treatments, they receive mobilization techniques 3 times a week for 6 weeks.

Main outcome variables

Cross-sectional muscles of deep neck flexors, sense of

position, pain and disability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160531028186N5**

Registration date: **2021-11-16, 1400/08/25**

Registration timing: **registered_while_recruiting**

Last update: **2021-11-16, 1400/08/25**

Update count: **0**

Registration date

2021-11-16, 1400/08/25

Registrant information

Name

Mohammad Hosseinifar

Name of organization / entity

Zahedan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-10-22, 1400/07/30

Expected recruitment end date

2022-03-19, 1400/12/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Comparison the effects of cervical mobilization techniques and neck stabilization exercises on cross-section of neck deep flexor muscles and position sense in patients with chronic non-specific neck pain

Public title
Effect of mobilization and stabilization exercises on treatment of neck pain

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
 Ms. and Mr. Ages between 18-55 years Have neck pain for which the treating physician did not state a specific cause and in clinical examination and radiography, no specific cause has been found for it Have neck pain that lasts 12 weeks or more Body mass index between 18 and 30 Neck disability index score equal to or greater than 5/50 The score of pain at rest is at least 3/10
Exclusion criteria:
 The patient has a contraindication to mobilization. For example: neck instability, signs or symptoms of vertebral artery insufficiency, severe osteoporosis, tumors, spinal tuberculosis, spinal diseases, etc History of cervical spine surgery in the last 12 months Diagnosis of serious pathological disease of the spine (inflammatory spondyloarthropathy, fracture or infection) Existence of neurological symptoms indicating pressure on the nerve root Have a history of any treatment in the previous 12 weeks (physiotherapy, chiropractic, acupuncture and massage) Pregnancy

Age
From **18 years** old to **55 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Outcome assessor

Sample size
Target sample size: **45**

Randomization (investigator's opinion)
Randomized

Randomization description
The randomization method is based on permutation blocks. It is an individual randomization unit. A table of random numbers is used. Participants in the study are selected based on simple and available sampling. Each person will be selected based on the inclusion criteria. Placing people in groups is based on permutation blocks.

Blinding (investigator's opinion)
Single blinded

Blinding description
The outcomes is assessed by another physiotherapist who is blind to the type of treatment being given to the patient.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Zahedan University of Medical Sciences

Street address

Deputy of Research, Zahedan University of Medical Sciences, Jannat Blvd., Dr. Hesabi Sq

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9816743463

Approval date

2021-10-15, 1400/07/23

Ethics committee reference number

IR.ZAUMS.REC.1400.235

Health conditions studied

1

Description of health condition studied

Non specific neck pain

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The cross-sectional area of the deep flexor muscles of the neck

Timepoint

Before and after the intervention period

Method of measurement

Using an ultrasonography device

2

Description

The degree of control of the sense of position of the head and neck

Timepoint

Before and after the intervention period

Method of measurement

Using a laser pointer placed on a wire-like device

Secondary outcomes

1

Description

Pain

Timepoint

Before and after the intervention period

Method of measurement

Using Visual Analog Scale (VAS) Questionnaire

2

Description

Disability

Timepoint

Before and after the intervention period

Method of measurement

Using Neck Disability Index (NDI) questionnaire

Intervention groups

1

Description

Stabilization exercises group: 18 sessions of treatment for 6 consecutive weeks, 3 times a week, each session for 25 to 30 minutes. Exercises 8-12 times for 10 seconds and with a break of 2 minutes between exercises. The first two weeks of exercise include chin tuck exercises for nerve growth (lying on your back, lying on your stomach, quadrupeds, and both legs) for the cervical spine. The second two-week exercise includes isometric neck exercises performed with a bandage. The exercises for the third two weeks include exercises that are done with the ball and with bandages.

Category

Rehabilitation

2

Description

Mobilization group: 18 sessions of treatment are performed for 6 consecutive weeks and 3 times per week. First, we apply a traction force to warm and relax the patient. Grade 2 and 3 mobilization will then be performed oscillatory for the C5-C6 neck segment. Two techniques of central posterior anterior force and unilateral posterior anterior force are used. Each technique 3 times and each time for 30 seconds and with oscillation of 1 Hz, and 1 minute rest is done between each repetition.

Category

Rehabilitation

3

Description

Control group: 18 treatment sessions for 6 weeks, 3 times a week and each session includes: Tens Conventional with a frequency of 80 Hz and a diversion of 120 milliseconds for 20 minutes, Hot Pack in the neck

area for 20 minutes and Ultrasound with Continuous Mode and with an intensity of 1/5 watt per square centimeter

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Razmjo Moghadam Physiotherapy Clinic

Full name of responsible person

Dr. Mohammad Hosseinifar

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Ayatollah Kafami St., Razmjomoghaddam Laboratory, Department of Physiotherapy, Faculty of Rehabilitation Sciences

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

Dr. Noor Mohammad Bakhshani

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Dr. Hesabi Sq., Janat Blvd., Zahedan University of Medical Sciences, Zahedan Vice Chancellor for Research

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Grant name

Grant code / Reference number

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

No

Title of funding source

Vice Chancellor for Research, Zahedan 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
Zahedan University of Medical Sciences
Full name of responsible person
Dr. Mohammad Hosseinifar
Position
PhD in Physiotherapy
Latest degree
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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)
Yes - There is 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
Undecided - It is not yet known if there will be 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 the main outcome data can be shared.
When the data will become available and for how long
6 months after printing the results
To whom data/document is available
Researchers working in academic and scientific institutions
Under which criteria data/document could be used
Researchers and experts in this field must ensure that

data is not misused.

From where data/document is obtainable

afsanehsamiei72@yahoo.com

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

The applicant must be fully and transparently identified and express his intention at his request. About 2 to 4 weeks after verification, the data will reach him.

Comments