

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

The Effect of Eight Weeks Corrective Exercise Program Using the Sahrman Approach on Chronic Shoulder and Neck Pain on Female Training Staff

Protocol summary

Study aim

The Effect of Eight Weeks Corrective Exercise Program Using the Sahrman Approach on Chronic Shoulder and Neck Pain on Female Training Staff

Design

100 female teachers will participate in this study. They will be purposefully selected based on inclusion and exclusion criteria and will be randomly divided into four groups.

Settings and conduct

All subjects are then assessed by exercise intervention groups for eight weeks and three sessions per week (60 minutes per session); Includes 10 minutes of warm-up, exercises (30 to 40 minutes) and 10 minutes of cooling will be performed.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Female gender. Age range 50-30. Chronic pain in the shoulder and neck. Voluntary participation and submission of consent. No surgery on the upper limb. No history of injury or disease in the upper limb. Not using painkillers. Lack of high intensity sports activities. Exclusion criteria: People who get injured while studying. Do not complete the exercise program. Two consecutive absences and three absences in total. Taking a medicine that affects variables. Having high intensity sports activities.

Intervention groups

Group 1: People with mild disc and osteoarthritis will perform the exercises in the form of face to face. Group 2: People with chronic shoulder and neck pain will perform the exercises in the form of face to face. Group 3: People with chronic shoulder and neck pain will perform the exercises in the form of online. Control Group: People with chronic shoulder and neck Pain will not do any exercise program.

Main outcome variables

Independent variable: online Exercises Face to face

Exercises Dependent variable: Chronic shoulder pain
Chronic neck pain Quality of life Balance and pressure
distribution of the sole of the foot

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220611055135N1**

Registration date: **2022-06-25, 1401/04/04**

Registration timing: **registered_while_recruiting**

Last update: **2022-06-25, 1401/04/04**

Update count: **0**

Registration date

2022-06-25, 1401/04/04

Registrant information

Name

Sanaz Taghipour

Name of organization / entity

The University of Shahrekord

Country

Iran (Islamic Republic of)

Phone

+98 38 3232 4401

Email address

sanaz.taghipour1995@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-06-22, 1401/04/01

Expected recruitment end date

2022-09-22, 1401/06/31

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effect of Eight Weeks Corrective Exercise Program Using the Sahrman Approach on Chronic Shoulder and Neck Pain on Female Training Staff

Public title
The Effect of Eight Weeks Corrective Exercise Program Using the Sahrman Approach on Chronic Shoulder and Neck Pain on Female Training Staff

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Female gender Age range 50-30 Chronic pain in the shoulder and neck No surgery on the upper limb No history of injury or disease in the upper limb Not using painkillers Lack of high intensity sports activities Voluntary participation and submission of consent
Exclusion criteria:
People who get injured while studying. Do not complete the exercise program. Two consecutive absences and three absences in total Taking a medicine that affects variables. Having high intensity sports activities Upper limb surgery

Age
From **30 years** old to **50 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

Randomization (investigator's opinion)
Randomized

Randomization description
By Simple Random Sampling individually with the help of a web application (randomizer.org) they are assigned to three intervention groups and a control group. A member of the research team not involved in the selection of samples, the random assignment sequence using the program Will determine the computer.

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 Shahrekord University

Street address

Shahrekord University, Rahbar Blvd, Shahrekord city, Chaharmahal and Bakhtiari province, iran

City

Shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8818634141

Approval date

2022-03-12, 1400/12/21

Ethics committee reference number

IR.SKU.REC.1400.083

Health conditions studied

1

Description of health condition studied

Chronic shoulder and neck pain

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Evaluation of physical activity-quality of life-evaluation of shoulder and neck pain-balance and distribution of foot pressure

Timepoint

Before Intervention and After Intervention

Method of measurement

International physical activity questionnaire, SF-36 Quality of life questionnaire, Nordic questionnaire, VAS visual pain scale questionnaire, neck pain and disability questionnaire, shoulder pain and disability questionnaire, Foot scan

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:Eight weeks and three sessions per week, performing corrective exercises with Sahrman's approach

Category

Rehabilitation

2

Description

Control group: This group performs their normal daily activities.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

The University of Shahrekord

Full name of responsible person

Sanaz Taghipour

Street address

Shahrekord University, Rahbar Blvd, Shahrekord city,
Chaharmahal and Bakhtiari province, iran

City

Shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8818634141

Phone

+98 38 3232 4401

Email

sanaz.taghipour1995@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Shahrekord

Full name of responsible person

Sanaz Taghipour

Street address

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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 Shahrekord

Proportion provided by this source

50

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

The University of Shahrekord

Full name of responsible person

Banafsheh mohammadi

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Sport biomechanics

Street address

Shahrekord University, Rahbar Blvd, Shahrekord city,
Chaharmahal and Bakhtiari province, iran

City

Shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8818634141

Phone

+98 38 3232 4401

Email

b.mohammadi@sku.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

The University of Shahrekord

Full name of responsible person

Sanaz Taghipour

Position

University Student

Latest degree

Bachelor

Other areas of specialty/work

Sports science

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Shahrekord University, Rahbar Blvd, Shahrekord city,
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Email

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Person responsible for updating data**Contact****Name of organization / entity**

The University of Shahrekord

Full name of responsible person

Sanaz Taghipour

Position

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Latest degree

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

The information of individuals will be kept confidential
and i only have the right to publish the result as a group.

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

Information will only be published in groups.

When the data will become available and for how long

The data will be reported as a group after the
intervention.

To whom data/document is available

Academic and scientific researchers

Under which criteria data/document could be used

Group reporting

From where data/document is obtainable

sanaz.taghipour1995@gmail.com

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

Mention the use of documents by emailing
sanaz.taghipour1995@gmail.com

Comments