Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

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

Public title

The Effect of Eight Weeks Corrective Exercise Program Using the Sahrmann 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
Shahrekord University, Rahbar Blvd, Shahrekord city, Chaharmahal and Bakhtiari province, iran
City
Sharekord
Province
Chahar-Mahal-va-Bakhtiari
Postal code
8818634141
Phone
+98 38 3232 4401
Email
sanaz.taghipour1995@gmail.com
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
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

Person responsible for updating data

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

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

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