

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparision of the effectiveness of mobilization and strength training in improving pain and quality of life in patient with forward head posture

#### Protocol summary

##### Study aim

our study aim to compare the effects of mobilization and strength training on pain and quality of life in patient with forward head posture

##### Design

A concealed ,randomized ,assesor blind clinical trial with a parallel group design of 34 patient enrolled between from may,2022 to july 2022 for two month,

##### Settings and conduct

its will conduct in chaduhary akram teaching hospital and this trial is assesor blind

##### Participants/Inclusion and exclusion criteria

inclusion criteria: Patient with chronic neck pain for more than 3 month Patient with neck disability index less than 24 Patient with prolong sitting workspace enviourment Patient with chronic headache age between 23 to 57 Exclusion criteria En Patient with congenital/acquired postural deformities like scoliosis patient undergone the neck surgeries patient with spinal diseases like compression,tumors,neurological deficits patient with neck fracture and inflammatory disease

##### Intervention groups

Group A Intervention group: Subjects will told to perform head nodding action to gradually target and hold the 5 pressure levels for 10 seconds between 22 mmHg and 30 mmHg. The minimum satisfactory performance requirements were 26 mmHg. Each session of consisted of 3 sets, with each set having 10 repetitions. Sessions were performed for a total of 6 weeks with 4 days in a week under the supervision of the therapist for total 8 weeks of the total trial Group B Intervention group: will given the mobilization exercises total of three sets will conducted, with one set consisting of repeating the motion that will maintained for 10 s up to 10 times. A break of 5 s will provided per one movement and 30 s per one set. Therefore, the total exercise time will be less <10 min.this treatment will continue for 8 weeks.

##### Main outcome variables

Pain will be assessed by using Visual analog scale and

quality of life will be calculated with Sf36 quality of life scale

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20220414054537N2**

Registration date: **2022-07-18, 1401/04/27**

Registration timing: **retrospective**

Last update: **2022-07-18, 1401/04/27**

Update count: **0**

##### Registration date

2022-07-18, 1401/04/27

##### Registrant information

##### Name

Faisal Ghafoor

##### Name of organization / entity

The Superior University

##### Country

Pakistan

##### Phone

+92 42 38104221

##### Email address

faisal.ghafoor@superior.edu.pk

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2022-06-10, 1401/03/20

##### Expected recruitment end date

2022-06-15, 1401/03/25

##### Actual recruitment start date

2022-06-13, 1401/03/23

##### Actual recruitment end date

2022-06-20, 1401/03/30  
**Trial completion date**  
2022-08-20, 1401/05/29

**Scientific title**  
Comparision of the effectiveness of mobilization and strength training in improving pain and quality of life in patient with forward head posture

**Public title**  
effects of mobilization and strength training in patient with forward head posture

**Purpose**  
Treatment

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Patient with chronic neck pain for more than 3 month  
Patient with neck disability index less than 24  
Patient with prolong sitting workspace enviourment  
Patient with chronic headache age between 23 to 57

**Exclusion criteria:**  
Patient with congenital/acquired postural deformities like scoliosis  
patient undergone the neck surgeries  
patient with spinal diseases like compression, tumors, neurological deficits  
patient with neck fracture and inflammatory disease

**Age**  
From **23 years** old to **57 years** old

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**  

- Outcome assessor

**Sample size**  
Target sample size: **34**  
Actual sample size reached: **34**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
After baseline assessment patients were divided into two groups A and B randomly by gold fish bowl method. Randomization was done by one of the accessors who was not be a part of research and patient treatment. Randomization assignments was kept in opaque, sealed envelopes and was unsealed by researcher after a baseline treatment. After randomization, the participants in the study was only one to be informed about the allocation of program by the therapist, remaining were unaware of the interventions applied in the other group from may,2022 to july 2022 for two month

**Blinding (investigator's opinion)**  
Single blinded

**Blinding description**  
the assesor of the study is blind he will not know about the treatment protocol is given to participants and form which group is belongs

**Placebo**  
Not used

**Assignment**  
Parallel

**Other design features**

**Secondary Ids**

empty

**Ethics committees**

1

**Ethics committee**

**Name of ethics committee**

committe Azra Naheed Centre for Research & Development the Superior University ,Lahore

**Street address**

main riwind road 17 km ,Lahore

**City**

Lahore

**Postal code**

54000

**Approval date**

2022-06-24, 1401/04/03

**Ethics committee reference number**

REC/FAHS/DPT/B/(AP)/June2022/992

**Health conditions studied**

1

**Description of health condition studied**

Forward head posture (FHP) is a poor habitual neck posture. It often co-exists with Upper Crossed Syndrome. Defined by hyperextension of the upper cervical vertebrae and forward translation of the cervical vertebrae

**ICD-10 code**

R29.3

**ICD-10 code description**

Abnormal posture

**Primary outcomes**

1

**Description**

pain

**Timepoint**

before the start of the intervention and after the 8 weeks of intervention

**Method of measurement**

pain will be calculated Numeric pain rating scale

2

**Description**

Quality of life

**Timepoint**

before the start of the intervention and after the 8 weeks of intervention

**Method of measurement**

The quality of life will be calculated by using Sf-36 quality of life scale

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: the patient will be instructed to target one mark corresponding to 2 mmHg on the pressure dial at a time. The pressure that the patient could hold steady for 10 seconds with minimal superficial muscle activity is the one which is taken as baseline endurance capacity (10 repetitions of 10-second hold). The action will ensure to be pure nod with no head retraction and no head lifting. Subjects will be told to perform head nodding action to gradually target and hold the 5 pressure levels for 10 seconds between 22 mmHg and 30 mmHg. The minimum satisfactory performance requirements were 26 mmHg. Each session consisted of 3 sets, with each set having 10 repetitions. Sessions were performed for a total of 6 weeks with 4 days in a week under the supervision of the therapist for a total of 8 weeks of the total trial.

#### Category

Rehabilitation

### 2

#### Description

Intervention group: Group B will be given the mobilization exercises. A total of three sets will be conducted, with one set consisting of repeating the motion that will be maintained for 10 s up to 10 times. A break of 5 s will be provided per one movement and 30 s per one set. Therefore, the total exercise time will be less than 10 min. This treatment will continue for 8 weeks.

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Committee Azra Naheed Centre for Research & Development the Superior University, Lahore

##### Full name of responsible person

Dr Zohaib Shahid

##### Street address

Main Raiwind Road 17 km, Lahore

##### City

Lahore

##### Postal code

54000

##### Phone

+92 333 6979114

##### Email

zohaib.rana@superior.edu.pk

##### Web page address

<https://www.superior.edu.pk/>

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

The Superior University

##### Full name of responsible person

Gulnaz Yamin

##### Street address

17 km Raiwind Road Lahore

##### City

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##### Email

Gulnaz.Zaheer@superior.edu.pk

##### Web page address

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#### Grant name

Nil

#### Grant code / Reference number

Nil

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

No

#### Title of funding source

Nil

#### Proportion provided by this source

1

#### Public or private sector

Private

#### 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

Committee Azra Naheed Centre for Research & Development the Superior University, Lahore

##### Full name of responsible person

Dr Zohaib Shahid

##### Position

Assistant Professor

##### Latest degree

Ph.D.

##### Other areas of specialty/work

Rehabilitation management

##### Street address

Main Raiwind Road 17 km, Lahore

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## Person responsible for scientific inquiries

**Contact****Name of organization / entity**

Committe Azra Naheed Centre For Research &amp; Development The Superior University ,Lahore

**Full name of responsible person**

Dr Zohaib Shahid

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Rehabilitation management

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**Web page address**<https://www.superior.edu.pk/>

## Person responsible for updating data

**Contact****Name of organization / entity**

The Superior University

**Full name of responsible person**

Dr Faisal Ghafoor

**Position**

Senior Consultant

**Latest degree**

Master

**Other areas of specialty/work**

Rehabilitation management

**Street address**

17 km Raiwind road Lahore

## 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**

Undecided - It is not yet known if there will be 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 data will be shared after de-identification

**When the data will become available and for how long**

data will be available when the trial has been completed at the end of the August 2022, the data will be available for the future use and after the completion of trial when it gets published approximately after 4 weeks in the start of October 2022 and summary of the data will be available after the article gets published

**To whom data/document is available**

it will be available to all teaching institutes and hospitals for better care of the patient. Moreover, it will be available for the researcher as well.

**Under which criteria data/document could be used**

only for the research and for the benefits of public

**From where data/document is obtainable**

the documents will be available on the following details: email: rehanfaisal68@gmail.com and contact no: +923334816348, the postal address: Department of physical therapy, Chaudhary Akram Teaching Hospital, The Superior University, 17 km Riwind Road, Lahore

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

application sent on the email on request rehanfaisal68@gmail.com

**Comments**