Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

EFFECT OF FUNCTIONAL EXERCISES VERSUS NECK ISOMETRICS EXERCISES IN PATIENTS WITH NON- SPECIFIC NECK PAIN

Protocol summary

Study aim
To compare the effect of functional exercises and neck isometrics exercises in patients with non-specific neck pain in terms of reducing pain and functional ability of neck.

Design
Randomized Control Trial.

Settings and conduct
A Private Physiotherapy Clinic, Ehsan's Rehab, in Lahore, Pakistan.

Participants/Inclusion and exclusion criteria
Inclusion criteria: • Patients of both genders aged between 30-45 years will be included in the study. • Patients having acute or sub-acute neck pain for duration less than 12 weeks. • Patients having moderate and severe pain. Exclusion criteria: • Patients having non-specific neck pain along with any major pathology will be excluded. • If they present with any trauma, whiplash injury, history of malignancy or neoplasm, cervical radiculopathy, fractures of cervical or thoracic region. • If the patients present with neurologic diseases such as stroke, Parkinson's disease or multiple sclerosis. • Patients with acute neck pain having inflammation will be excluded. • Patients having limited shoulder ROM due to any shoulder pathology.

Intervention groups
Group A Conventional physiotherapy which include moist heat that will be applied on the cervical region of the patient along with TENS. Then the patient will be instructed by the Physiotherapist to perform the active ROM of neck, Neck stabilization exercises. The Physiotherapist will then perform optimal loading neck isometrics on patients. Group B Conventional physiotherapy which include moist heat that will be applied on the cervical region of the patient along with TENS. Then the patient will be instructed by the Physiotherapist to perform the active ROM of neck, Neck stabilization exercises. Patients then perform functional exercises which include ergo meter training and thera-ball exercises.

Main outcome variables
Pain, Functional disability

General information

Reason for update

Acronym
EFEVNIOWNNP

IRCT registration information
IRCT registration number: **IRCT20220714055471N1**
Registration date: **2023-01-23, 1401/11/03**
Registration timing: **retrospective**

Last update: **2023-01-23, 1401/11/03**
Update count: **0**

Registration date
2023-01-23, 1401/11/03

Registrant information

Name
Ambreen Iqbal

Name of organization / entity
University of South Asia, Lahore

Country
Pakistan

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-02-08, 1400/11/19

Expected recruitment end date
2022-06-10, 1401/03/20

Actual recruitment start date

2022-02-08, 1400/11/19

Actual recruitment end date

2022-06-10, 1401/03/20

Trial completion date

2022-08-19, 1401/05/28

Scientific title

EFFECT OF FUNCTIONAL EXERCISES VERSUS NECK ISOMETRICS EXERCISES IN PATIENTS WITH NON-SPECIFIC NECK PAIN

Public title

EFFECT OF FUNCTIONAL EXERCISES VERSUS NECK ISOMETRICS EXERCISES IN PATIENTS WITH NON-SPECIFIC NECK PAIN

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients of both genders aged between 30-45 years will be included in the study. Patients having acute or sub-acute neck pain for duration less than 12 weeks. Patients having moderate and severe pain.

Exclusion criteria:

Patients having non-specific neck pain along with any major pathology will be excluded. If they present with any trauma, whiplash injury, history of malignancy or neoplasm, cervical radiculopathy, fractures of cervical or thoracic region. If the patients present with neurologic diseases such as stroke, Parkinson's disease or multiple sclerosis. Patients with acute neck pain having inflammation will be excluded. Patients having limited shoulder ROM due to any shoulder pathology.

Age

From **30 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Outcome assessor

Sample size

Target sample size: **30**

Actual sample size reached: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

The samples will be selected randomly through Lottery Method. Each member will get equal chance of being included in the study. The patients meeting the inclusion criteria will be allowed to pick an envelope placed in a container, in which the group number will be mentioned and before folding that paper, the number will not be visible to any of the patient or practitioners. By this the patients will be divided into two groups: Group A and Group B. Group A will be the control group and Group B will be the experimental group in this study.

Blinding (investigator's opinion)

Double blinded

Blinding description

The patients and assessor will be blind to the treatment. Baseline assessment will be performed by the assessor in a separate room before treatment group allocation. The patients according to different groups will be called for the treatment on different timings. After the completion of treatment sessions, the final assessment of patients will be done by the assessor . The treatment group allocation of patients will not be revealed to assessor

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Institutional review board, University of South Asia

Street address

47 Tufail Rd, Cantt, Lahore, Punjab

City

Lahore

Postal code

54800

Approval date

2021-12-13, 1400/09/22

Ethics committee reference number

IRB-USA-FLHS/53/2021

Health conditions studied

1

Description of health condition studied

Non specific neck pain

ICD-10 code

M54.2

ICD-10 code description

Cervicalgia

Primary outcomes

1

Description

Pain

Timepoint

baseline and after 2 weeks

Method of measurement

NPRS

2

Description

Functional disability

Timepoint

Baseline and after 2 weeks

Method of measurement

NDI

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:

Category

Rehabilitation

2

Description

Intervention group:

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Ehsan's Rehab And Sports Injury Clinic,Lahore.

Full name of responsible person

Dr.Ahsan Javed

Street address

House no.35, Block G Gulberg 2, Lahore, Punjab

City

Lahore

Postal code

54660

Phone

+92 300 8451848

Email

ahsan.javed@usa.ed.pk

Web page address

https://www.ehsanrehab.com/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University Of South Asia,Lahore

Full name of responsible person

Ambreen Iqbal

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47 Tufail Rd, Saddar Town, Lahore, Punjab

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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

University Of South Asia,Lahore

Proportion provided by this source

15

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

University Of South Asia,Lahore

Full name of responsible person

Ambreen Iqbal

Position

Assistant Professor

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Latest degree
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be 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
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable