

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Effects Of Shoulder Exercises With And Without Cervical Exercises On Pain And Function In The Patients With Cervical Spondylosis: Randomized Controlled Trail

Protocol summary

Study aim

To compare the combine effect of cervical isometric with shoulder isometric exercises on pain, function and forward head posture in patients with cervical spondylosis. To find the correlation of factors affecting on pain, function and their management in the patients with cervical spondylosis

Design

A community based, single blind, parallel group, randomized controlled trial

Settings and conduct

Study conducted in Water and Power Development Authority teaching Hospital Lahore the trial is single blind, the participants and data analyzed were blinded they did not know, they belong to which group either experimental and control group

Participants/Inclusion and exclusion criteria

Both male and female, 30-60 years, Diagnosed patients by orthopedic surgeons, No previous surgical /steroidal history in last six months, Patients having symptoms of radiculopathy Exclusion Criteria: Pregnant women, History of previous cervical surgery, Vertebral compression fracture, History of malignancy, Rheumatoid disorder and other systemic problems, Any infectious disease like osteomyelitis, tuberculosis, ankylosing spondylitis etc.

Intervention groups

Group A (experimental) was received cervical isometric exercises with shoulder isometric exercises. Group B (control) was received cervical isometric exercises without shoulder isometric exercises.

Main outcome variables

Compare the combine effect of cervical isometric with shoulder isometric exercises on pain, function and forward head posture and correlation with factors

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230521058241N1**

Registration date: **2023-06-06, 1402/03/16**

Registration timing: **retrospective**

Last update: **2023-06-06, 1402/03/16**

Update count: **0**

Registration date

2023-06-06, 1402/03/16

Registrant information

Name

anam ashfaq

Name of organization / entity

University of lahore

Country

Pakistan

Phone

+92 307 0146280

Email address

anam.ashfaq9242@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-12-01, 1400/09/10

Expected recruitment end date

2022-06-02, 1401/03/12

Actual recruitment start date

2022-01-04, 1400/10/14

Actual recruitment end date

2022-08-24, 1401/06/02

Trial completion date

2022-11-18, 1401/08/27

Scientific title

Effects Of Shoulder Exercises With And Without Cervical Exercises On Pain And Function In The Patients With Cervical Spondylosis: Randomized Controlled Trail

Public title

Correlation of factors that affect on pain and functional status and their management in cervical spondylosis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Both male and female Aged 30-60 year No pervious history of trauma Surgery and diagnosed patients by orthopedic

Exclusion criteria:

Pregnant women History of previous cervical surgery Vertebral compression fracture History of malignancy Rheumatoid disorder and other Systemic problems, any infectious disease like Osteomyelitis, Tuberculosis, Ankylosing spondylitis

Age

From **30 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Care provider
- Data analyser

Sample size

Target sample size: **70**

Actual sample size reached: **62**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization by lottery method was carried out for allocation of participants into groups

Blinding (investigator's opinion)

Single blinded

Blinding description

Participants, Care giver and Data analyzer was blind in current study, they did not know they belong to which group either to experimental and control

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethical commitee of the University of Lahore

Street address

1-Km Defence Road,, near Bhuptian Chowk,, Lahore, Punjab

City

Lahore

Postal code

54590

Approval date

2022-04-28, 1401/02/08

Ethics committee reference number

REC/UOL/149

Health conditions studied

1

Description of health condition studied

Cervical spondylosis

ICD-10 code

M47.812

ICD-10 code description

Spondylosis without myelopathy or radiculopathy, cervical region

Primary outcomes

1

Description

To compare the combine effect of cervical isometric with shoulder isometric exercises on pain in patients with cervical spondylosis.

Timepoint

Primary outcomes measure at baseline at 3th and 6th week

Method of measurement

Pain by Visual Analog Scale (VAS)

2

Description

To compare the combine effect of cervical isometric with shoulder isometric exercises on function in patients with cervical spondylosis.

Timepoint

Primary outcomes measure at baseline at 3th and 6th week

Method of measurement

Participants was complete Neck Pain Disability Index Questionnaire for function level

3

Description

Forward head posture

Timepoint

Primary outcomes measure at baseline at 3th and 6th week

Method of measurement

Forward head posture was measured by caranio-vertebral angle.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention Group A was received cervical isometric exercises with shoulder isometric exercises

Category

Rehabilitation

2

Description

Control group: Group B was received cervical isometric exercises without shoulder isometric exercises

Category

Rehabilitation

Recruitment centers

1

Recruitment center**Name of recruitment center**

WAPDA Teaching Hospital Lahore

Full name of responsible person

Dr. Abid Javaid Minhas

Street address

210 Lahore – Kasur Rd, near Rehmanpura Colony,
Lahore, Punjab 54000

City

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Postal code

54000

Phone

+92 42 37590711

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abidminhas.pt@gmail.com

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

The University of Lahore

Full name of responsible person

Dr. Ashfaq Ahmad

Street address

1-Km Defence Road., near Bhuptian Chowk., Lahore,
Punjab

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Grant name

Anam Ashfaq

Grant code / Reference number**Is the source of funding the same sponsor organization/entity?**

No

Title of funding source

SELF

Proportion provided by this source

100

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**

Persons

Person responsible for general inquiries**Contact****Name of organization / entity**

The University of Lahore

Full name of responsible person

Anam Ashfaq

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

The University Of Lahore

Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work
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Person responsible for updating data

Contact
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Full name of responsible person
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Position
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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

There is no further information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available