

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

02 Jun 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 committee 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**

Lahore

**Postal code**

54000

**Phone**

+92 42 37590711

**Email**

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

**City**

Lahore

**Postal code**

54590

**Phone**

+92 42 111 865 865

**Email**

ashfaq.ahmad@uipt.uol.edu.pk

**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

**Street address**

837-838-block R1 Johar Town Lahore

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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