

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The effect of vestibular rehabilitation using Epley's Maneuver in patients with canalithiasis due to forward head posture; a randomized clinical trial

Protocol summary

Study aim

Assessing the Epley's maneuver effects on reducing craniovertebral angle (less than 50-53 degrees) in patients having posterior canalithiasis due to forward head posture, vertigo after positive Dix-Hallpike maneuver

Design

Randomized clinical trial

Settings and conduct

The settings are The University of Faisalabad

Participants/Inclusion and exclusion criteria

Inclusion criteria: Both male and female genders; reduced craniovertebral angle that is less than 50-53 degrees; computer/ laptop users; individuals with forward head posture; IT students of final year (The University of Faisalabad) Individuals with neck pain; positive Dix-Hallpike maneuver. Exclusion criteria: CVA (cerebrovascular accident); vestibular migraine; cervical spondylosis; history of fracture; upper cross syndrome; already diagnosed with Benign paroxysmal positional vertigo; other musculoskeletal conditions; other neurological conditions; mentally or emotionally unstable; brain tumor, hypertension.

Intervention groups

interventional group: Epley's maneuver control group: gaze stabilization exercises

Main outcome variables

Dizziness handicap inventory, Visual Vertigo Analogue Scale.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230709058728N1**

Registration date: **2023-09-24, 1402/07/02**

Registration timing: **retrospective**

Last update: **2023-09-24, 1402/07/02**

Update count: **0**

Registration date

2023-09-24, 1402/07/02

Registrant information

Name

Maryam Asif

Name of organization / entity

The University of Faisalabad

Country

Pakistan

Phone

+92 333 1448119

Email address

drmaryamasifpt@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-03-28, 1402/01/08

Expected recruitment end date

2023-06-15, 1402/03/25

Actual recruitment start date

2023-03-28, 1402/01/08

Actual recruitment end date

2023-06-15, 1402/03/25

Trial completion date

2023-06-15, 1402/03/25

Scientific title

The effect of vestibular rehabilitation using Epley's Maneuver in patients with canalithiasis due to forward head posture; a randomized clinical trial

Public title

The effect of vestibular rehabilitation using Epley's Maneuver in patients with canalithiasis due to forward head posture; a randomized clinical trial

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Craniovertebral Angle that is less than 50-53 degrees
Gender: Both male and female Computer/ laptop users IT students of final year Positive Dix-Hallpike maneuver age 20-24

Exclusion criteria:
CVA (cerebrovascular accident) Vestibular migraine Cervical spondylosis History of skull fracture Upper cross syndrome Already diagnosed with BPPV Other musculoskeletal conditions Other neurological conditions Mentally or emotionally unstable Carcinoma of brain ear infections hypertension

Age
From **20 years** old to **24 years** old

Gender
Both

Phase
0

Groups that have been masked
No information

Sample size
Target sample size: **48**
Actual sample size reached: **42**

Randomization (investigator's opinion)
Randomized

Randomization description
Simple random sampling via lottery method. The IDs of all the participants were written on the slips of paper having same color and size and mix it up. Then blindfold selection were made.

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

The University of Faisalabad

Street address

Canal road, Faisalabad

City

Faisalabad

Postal code

38610

Approval date

2023-03-25, 1402/01/05

Ethics committee reference number

TUF/Addl Reg/SB/379

Health conditions studied

1

Description of health condition studied

Vertigo; dizziness

ICD-10 code

H81.10

ICD-10 code description

Benign paroxysmal vertigo, unspecified ear

Primary outcomes

1

Description

Dizziness

Timepoint

Dizziness handicap inventory

Method of measurement

The DHI have 25 items, and a total score of 0-100 points , The patient is asked to answer each question as it pertains to dizziness, specifically considering their condition during the last month. Questions are designed to incorporate functional (F), physical (P), and emotional (E) impacts on disability. Positional (F3) sub-scale shows maximum scoring in BPPV cases.

2

Description

Vertigo

Timepoint

Visual Vertigo Analogue scale

Method of measurement

The VVAS is a visual analog scale that rates the intensity of visual vertigo in 9 challenging situations of visual motions that particularly provoke dizziness.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Epley's maneuver contains a sequence of 4 consecutive movements. 45° head rotation towards the affected side in reference to the body is made in sitting, 45° head rotation towards the affected side and slight extension of head below the level of the plinth in supine (the first step), now 45° head rotation towards the healthy side and slight extension of head below the level of the plinth in supine (the second step), 135° head rotation towards the healthy side in position of lateral decubitus also known as 135° sound-ear down position (the third step), the last step is then sitting in the upright position(the fourth step)

Category

Rehabilitation

2

Description

Control group: received Vestibular rehabilitation therapy in which participants receive gaze and head stability exercises. Gaze stabilization exercises were performed while participants were seated and the individuals have to follow the card through gaze by moving their eyes and head.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

The University of Faisalabad

Full name of responsible person

Maryam Asif

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Canal Road, Faisal Town, Faisalabad.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Faisalabad

Full name of responsible person

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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

The University of Faisalabad

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Maryam Asif

Position

Student

Latest degree

Medical doctor

Other areas of specialty/work

Neuromuscular Physical Therapy

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

doctor

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Physiotherapy

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Full name of responsible person

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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

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

The effect of vestibular rehabilitation using EPLEY's maneuver in patients with canalithiasis due to forward head posture; A randomized clinical trial

When the data will become available and for how long

Data will be available after the completion of the study and will remain available till 6 months

To whom data/document is available

Data will be available for other people almost 6 months after the completion of study

Under which criteria data/document could be used

The data/document could be used by communicating with the principle investigator Maryam Asif

From where data/document is obtainable

Maryam Asif drmaryamasifpt@gmail.com

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

The data/document could be used by communicating with the principle investigator Maryam Asif

Comments