Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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

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Pakistan

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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
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Full name of responsible person
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Sponsors / Funding sources

1

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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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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