

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Exercises management for pain and forward head posture in patients with cervical spondylosis

#### Protocol summary

##### Study aim

Aim of the study to determined exercises management for pain and forward head posture in patient with cervical spondylosis

##### Design

Randomized control trail study

##### Settings and conduct

The current study carried out in WAPDA teaching hospital in physical therapy department

##### Participants/Inclusion and exclusion criteria

The inclusion criteria of study includes both male and female, aged 40-60 year, no pervious history of trauma, surgery and diagnosed patients by orthopedic, pain is not more than 8 at VAS. Pregnant women, Pain is more than 8 at VAS, history of previous cervical surgery, vertebral compression fracture, history of malignancy, rheumatoid disorder and other systemic problems were excluded.

##### Intervention groups

Group A or Interventional group will received cervical isometric and postural corrected exercises with shoulder dynamics exercises 4 session per week for 6 week. GROUP B or Control group will received cervical isometric and postural corrected exercises 4 session per week for 6 week.

##### Main outcome variables

Pain and forehead posture

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230124057196N2**

Registration date: **2023-12-20, 1402/09/29**

Registration timing: **retrospective**

Last update: **2023-12-20, 1402/09/29**

Update count: **0**

##### Registration date

2023-12-20, 1402/09/29

##### Registrant information

###### Name

mariam umer hayat

###### Name of organization / entity

The University of Lahore

###### Country

Pakistan

###### Phone

+92 321 4437350

###### Email address

mariamumerhayat@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-05-22, 1402/03/01

##### Expected recruitment end date

2023-11-02, 1402/08/11

##### Actual recruitment start date

2023-06-19, 1402/03/29

##### Actual recruitment end date

2023-12-05, 1402/09/14

##### Trial completion date

2023-12-05, 1402/09/14

##### Scientific title

Exercises management for pain and forward head posture in patients with cervical spondylosis

##### Public title

Exercises management for pain and forward head posture in patients with cervical spondylosis

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

**Inclusion criteria:**

Both male and female Aged 40-60 year Pain is NOT more than 8 at visual analogous scale (VAS) Diagnosed patients by orthopedic No pervious history of trauma and surgery of cervical spine

**Exclusion criteria:**

Pregnant women History of previous cervical surgery Pain is more than 8 at visual analogous scale (VAS) vertebral compression fracture Age more than 60 or less than 40 History of malignancy, rheumatoid disorder and other systemic problem

**Age**

From **40 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: **68**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

The participant of study was randomly allocated in experimental and control group by lottery method after recruitment of sample participants

**Blinding (investigator's opinion)**

Double blinded

**Blinding description**

Participant, Care provider and Data analyzer did not know which participant belonged to which group

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

**Secondary Ids**

empty

**Ethics committees**

**1**

**Ethics committee**

**Name of ethics committee**

The University of Lahore

**Street address**

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

**City**

Lahore

**Postal code**

54000

**Approval date**

2023-06-19, 1402/03/29

**Ethics committee reference number**

REC-UOL-119-06-2023

**Health conditions studied**

**1**

**Description of health condition studied**

Cervical spondylosis

**ICD-10 code**

M43.02

**ICD-10 code description**

Spondylolysis, cervical region

**Primary outcomes**

**1**

**Description**

Pain

**Timepoint**

Measurement of primary outcome before the intervention(baseline) and after intervention at 6th week

**Method of measurement**

Visual analogue scale

**2**

**Description**

Forward head posture

**Timepoint**

Measurement of primary outcome before the intervention(baseline) and after intervention at 6th week

**Method of measurement**

Forward head posture measured by cervio vertebral angle by Photogrammetry method

**Secondary outcomes**

empty

**Intervention groups**

**1**

**Description**

Intervention group: Intervention group received shoulder dynamics exercises with cervical isometric and postural correction exercises for 6 week 4 session per week for 40 min each session in 3 sets with 10sce rest in each set. For shoulder dynamics free weight are used, dumbbell of half kg to 2 kg was used, the progression is made by increasing weight 1 week to 6 week

**Category**

Rehabilitation

**2**

**Description**

Control group: Received cervical isometric and postural correction exercises for 6 week 4 session per week for 40 min each session in 3 sets with 10sce rest in each set.

For shoulder dynamics free weight are used, dumbbell of half kg to 2 kg was used, the progression is made by increasing weight 1 week to 6 week

**Category**

Rehabilitation

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

WAPDA Teaching Hospital

**Full name of responsible person**

Dr. Abid Javaid

**Street address**

210-Ferozpur Road Lahore

**City**

Lahore

**Postal code**

54000

**Phone**

+92 42 37564705

**Fax**

+92 42 35232285

**Email**

abidminhas.pt@gmail.com

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

The University of Lahore

**Full name of responsible person**

Dr. Ashafaq aAhmad

**Street address**

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

**City**

Lahore

**Postal code**

54000

**Phone**

+92 42 111 865 865

**Email**

ashfaq.ahmad@uipt.uol.edu.pk

**Grant name**

**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**

Academic

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**

Mobility Quest

**Full name of responsible person**

Mariam Umer Hayat

**Position**

Consultant

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

L 103 DHA rahber phase 2 Lahore

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**Phone**

+92 321 4437350

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**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Mobility QUEST

**Full name of responsible person**

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**Position**

Consultant

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**Contact**

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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