

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

The effect of 7 weeks of corrective exercises on thoracic kyphosis in hyper-kyphotic students: after 4 month follow up

Protocol summary

Summary

Objective: determining the effect of 7 weeks of corrective exercises on kyphosis angle in hyper-kyphotic male students and studying the kyphosis angle changes after 4 month period. Methods: in this clinical trial, 25 volunteers will be selected in proposed manner and randomly divided to two groups: Experimental (12 persons) and Control (13 persons). Inclusion criteria: kyphosis exceeds 40 degrees, being Arak university student; being in 18-22 age range and not having idiopathic kyphosis. Exclusion criteria: scoliosis exceeds 5 degrees, structural kyphosis; history of fracture in spine; shoulder fracture in last 6 months; another high risk diseases; vestibular or nervous system disorders. Experimental group will be trained for 7 weeks, 3 times/weeks and in 30-45 min/sessions. Kyphosis angle value will be measured before, after and 4 month after training period by spinal mouse device.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201106126771N1**

Registration date: **2011-07-20, 1390/04/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-07-20, 1390/04/29

Registrant information

Name

Shahnaz Shahrjerdi

Name of organization / entity

Arak university

Country

Iran (Islamic Republic of)

Phone

+98 86 3402 6108

Email address

s-shahrjerdi@araku.ac.ir

Recruitment status

Recruitment complete

Funding source

Personal

Expected recruitment start date

2008-03-19, 1386/12/29

Expected recruitment end date

2009-03-20, 1387/12/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of 7 weeks of corrective exercises on thoracic kyphosis in hyper-kyphotic students: after 4 month follow up

Public title

Effect of exercise on students posture

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: kyphosis exceeds 40 degrees; being Arak university student; being in 18-22 age range; not having idiopathic kyphosis. Exclusion criteria: scoliosis exceeds 5 degrees; structural kyphosis; history of fracture in spine; shoulder fracture in last 6 months; another high risk diseases; vestibular or nervous system disorders.

Age

From **18 years** old to **22 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 35

Randomization (investigator's opinion)

Randomized

Randomization description

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

Ethics Committee of physical education department of Arak University

Street address

physical education department, Arak university, Shariati Sq.

City

Arak

Postal code

Approval date

2008-09-22, 1387/07/01

Ethics committee reference number

1565

Health conditions studied

1

Description of health condition studied

kyphosis

ICD-10 code

M40

ICD-10 code description

Kyphosis and lordosis

Primary outcomes

1

Description

thoracic kyphosis angle

Timepoint

7 weeks and 4 months

Method of measurement

Spinal mouse

Secondary outcomes

empty

Intervention groups

1

Description

Experimental group: 7 weeks of corrective exercise (upper back muscles stretching and strengthening exercises)

Category

Rehabilitation

2

Description

Control group: no intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Arak university

Full name of responsible person

Shahnaz Shahrjerdi

Street address

physical education lab, Arak university, Shariati sq.

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak university

Full name of responsible person

Dr Nader Shavandi

Street address

Arak University

City

Arak

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Arak university

Proportion provided by this source

100

Public or private sector

empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Arak
Postal code
Phone
+98 912 360 2349
Fax
Email
N-shavandi@araku.ac.ir
Web page address

Person responsible for general inquiries

Contact

Name of organization / entity
Arak University
Full name of responsible person
Dr Shahnaz Shahrjerdi
Position
Assistant proffesoor
Other areas of specialty/work
Street address
Physical education department, Arak university
City
Arak
Postal code
Phone
+98 918 862 0643
Fax
Email
s-shahrjerdi@araku.ac.ir
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Arak university
Full name of responsible person
Dr Nader Shavandi
Position
Assistant proffessor
Other areas of specialty/work
Street address
Physical education department, Arak university
City

Person responsible for updating data

Contact

Name of organization / entity
Full name of responsible person
Rahman Sheikh Hoseini
Position
MSc
Other areas of specialty/work
Street address
City
Tehran
Postal code
Phone
+98 918 866 8284
Fax
Email
rahman.pt82@gmail.com
Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty