

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effects of daoyin training on pain, postural angles and quality of life in upper cross syndrome patients

#### Protocol summary

##### Study aim

To determine the effects of Daoyin training on pain, postural angles and quality of life in Upper- crossed syndrome Patients.

##### Design

It was a concealed, randomized, single blinded, sham controlled clinical trial with a parallel group design of 60 patients.

##### Settings and conduct

Study was conducted at Layyah city hospital of govt college university Faisalabad Layyah campus. The study population was consisted of patients with upper cross syndrome. The study was single blinded. The participants didn't know while they were receiving experimental or conventional treatment.

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria: Aged between 18-45 years, both genders, satisfied the diagnostic criteria raised by Asian Fitness Society for UCS Exclusion Criteria: Patients with neurological disorders (Thoracic outlet syndrome), musculoskeletal disorder (Rotator cuff injury), Inflammatory disease (e.g. Rheumatoid arthritis), history of Spine, shoulder fractures /dislocation

##### Intervention groups

Participants will be randomly allocated into two groups (Group A: DT group, Group B: CT group). The participants randomly allocated in Group A will be received the Thoracic and cervical Daoyin training. Participants will execute this training after 15 minutes of TENS and heat pack. This approach requires five sessions per week for eight weeks. Group B participants will have received treatment includes of TENS, hot pack for 15 min and other body strength exercises and stretches includes shoulder roll, scapular squeeze, wall angel, overhead arm stretch, Cat cow, Knee to chest, superman, trapezius and levator scapulae stretch.

##### Main outcome variables

Pain (Visual Analogue Scale), Postural Angles (Forward Shoulder Angle and Forward Head Angle), Quality of life (

Short Form Survey-12)

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230731058990N2**

Registration date: **2024-01-08, 1402/10/18**

Registration timing: **retrospective**

Last update: **2024-01-08, 1402/10/18**

Update count: **0**

##### Registration date

2024-01-08, 1402/10/18

##### Registrant information

##### Name

Kashaf Faraz

##### Name of organization / entity

University of Lahore

##### Country

Pakistan

##### Phone

+92 304 6541357

##### Email address

kashaf.fraz@uipt.uol.edu.pk

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-09-14, 1402/06/23

##### Expected recruitment end date

2023-09-29, 1402/07/07

##### Actual recruitment start date

2023-09-28, 1402/07/06

##### Actual recruitment end date

2023-10-07, 1402/07/15

**Trial completion date**

2023-12-01, 1402/09/10

**Scientific title**

Effects of daoyin training on pain, postural angles and quality of life in upper cross syndrome patients

**Public title**

Daoyin training effects on pain, postural angles and quality of life in upper cross syndrome

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

Both gender Age is 25-45 years Their condition satisfied the diagnostic criteria raised by Asian Fitness Society for UCS

**Exclusion criteria:**

Patients with neurological disorders (Thoracic outlet syndrome) Patient with history of Spine, shoulder fractures /dislocation Inflammatory disease (e.g. Rheumatoid arthritis) Patients with musculoskeletal disorder (Rotator cuff injury)

**Age**

From **18 years** old to **45 years** old

**Gender**

Both

**Phase**

2

**Groups that have been masked**

- Investigator

**Sample size**

Target sample size: **72**

Actual sample size reached: **60**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

participants were randomized using gold fish bowl method into two groups, control and experimental. Treatment allocation were done by using concealed envelope method. In this, sealed opaque envelopes with treatment regimen written were provided to the participants. Once a patient had consented to enter a trial room, an envelope was opened, and the patient was then offered the allocated treatment.

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

The study was single blinded. The participants did not know while they were receiving experimental or routine physical therapy treatment. and yes, intervention is similar enough for blinding participants.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

Visual Analogue Scale, Neck Disability, Posture, Upper Cross Syndrome

**Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Research Ethics Committee (REC)

**Street address**

1-Km defense road Lahore, Pakistan

**City**

Lahore

**Postal code**

54000

**Approval date**

2023-08-28, 1402/06/06

**Ethics committee reference number**

REC-UOL-527-08-2023

**Health conditions studied****1****Description of health condition studied**

Upper Cross Syndrome

**ICD-10 code**

R29.3

**ICD-10 code description**

Abnormal posture

**Primary outcomes****1****Description**

Pain

**Timepoint**

Baseline, 4th and 8th week of treatment

**Method of measurement**

Visual Analogue Scale

**2****Description**

Postural Angles

**Timepoint**

Baseline, 4th and 8th week of treatment

**Method of measurement**

Forward Shoulder Angle and Forward Head Angle

**3****Description**

Quality of Life

**Timepoint**

Baseline, 4th and 8th week of treatment

**Method of measurement**

SF-12

## Secondary outcomes

### 1

#### Description

Physical and mental health

#### Timepoint

Baseline, 4th and 8th week of treatment

#### Method of measurement

Short-Form 12

## Intervention groups

### 1

#### Description

Group A received routine physical therapy which includes 15 minutes of electrical muscle stimulation with heat therapy. Hot packs will be used to deliver superficial heating. Each treatment session will be lasted 30-45 minutes. The participants randomly allocated in Group A will be received the Thoracic and cervical Daoyin training. Participants will execute this training after 15 minutes of TENS and heat pack. This approach requires five sessions per week for eight weeks. The cervical and thoracic "Daoyin" training in this study will be consisted of the five movements: (1) Dantian Gong (2) Turtle shrinking its neck (3) Roc spreading its wings (4) White goose stretching its neck (5) Tiger lying. The interval of each movement will be 30-60 s, and the duration will be 35- 40 min

#### Category

Rehabilitation

### 2

#### Description

Group B participants will be instructed to maintain daily activities and not partake in any further sports. Group B participants will have received treatment includes of TENS, hot pack for 15 min and other body strength exercises and stretches includes shoulder roll, scapular squeeze, wall angel, overhead arm stretch, Cat cow, Knee to chest, superman, trapezius and levator scapulae stretch.

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Department of Physical Therapy, DHQ Hospital Layyah

##### Full name of responsible person

Dr Khurram mahmood

##### Street address

DHQ hospital layyah

##### City

Layyah

#### Postal code

31200

#### Phone

+92 304 4407035

#### Email

mehmokhram8@gmail.com

#### Web page address

<https://dhqlayyah.punjab.gov.pk/>

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

UOL, Lahore

##### Full name of responsible person

Dr Ashfaq Ahmad

##### Street address

1-Km defense road Lahore, Pakistan

##### City

Lahore

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##### Phone

+92 344 4535304

##### Email

ashfaaqpt@gmail.com

##### Web page address

<https://uol.edu.pk/>

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

UOL, Lahore

#### 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

UOL, Lahore

##### Full name of responsible person

Dr Sania Naz

##### Position

Professor

##### Latest degree

Medical doctor

##### Other areas of specialty/work

Physiotherapy

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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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**Other areas of specialty/work**

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**Person responsible for updating data****Contact****Name of organization / entity**

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**Full name of responsible person**

Dr Iqra Islam

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**Other areas of specialty/work**

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**Web page address**

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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**

Demographic data and data related to final outcome will be shared by maintaining the confidentiality

**When the data will become available and for how long**

data will be available from April 2024 to June 2024 after the 6 months of publication. The data sharing plan for a clinical trial (i.e., what data will be shared when and under what conditions) will be publicly available at a third-party site that shares data with and meets the data requirements of WHO's International Clinical Trials Registry Platform; this occur before the first participant is enrolled.

**To whom data/document is available**

Dr. Sania Naz (corresponding author) professor at UOL, lahore.

**Under which criteria data/document could be used**

for research purpose

**From where data/document is obtainable**

To the corresponding author of the study, Dr Sania Naz and can contact on +923044407035

saaniaanaz@gmail.com can visit these search engines, you can find my study easily here

<https://www.researchgate.net/>

<https://scholar.google.com/>

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

open-access and There is the traditional public data release where anyone can get access to the data with no registration or conditions. The request will be reviewed by Director in Charge and in case of eligibility, it would be shared in two weeks

**Comments**

I want randomized clinical trial registration.