

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effectiveness of JANDAS approach Versus McKenzie retraction exercises on pain, disability and quality of life among chronic neck pain patients

#### Protocol summary

##### Study aim

To compare effectiveness of JANDAS Approach versus McKenzie Retraction exercises on pain, disability and quality of life among Chronic Neck Pain Patients.

##### Design

Randomized clinical trial

##### Settings and conduct

This study will be conducted at Arif Memorial Teaching Hospital, Lahore

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Patients, 25-40 years of age suffering from neck pain duration more than 6 months will be include in this study. Exclusion criteria: Subjects with a history of severe trauma such as fracture, congenital disorder of cervical spine, spondylolisthesis, any neck tumor, myelopathy, tendinopathy, rheumatoid arthritis or having ankylosing spondylosis will be exclude from this study

##### Intervention groups

There will be two intervention groups. Group A will be treated with JANDAS approach and group B will be treated with McKenzie retraction exercises.

##### Main outcome variables

NPRS questionnaire will be used to check pain severity level, while NDI will be used for neck disability and SF36 questionnaire will be used for quality of life

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20221205056713N2**

Registration date: **2024-07-25, 1403/05/04**

Registration timing: **registered\_while\_recruiting**

Last update: **2024-07-25, 1403/05/04**

Update count: **0**

##### Registration date

2024-07-25, 1403/05/04

##### Registrant information

###### Name

hafiza Nida Rasheed

###### Name of organization / entity

Rashid Latif Medical college, Lahore

###### Country

Pakistan

###### Phone

+92 336 4535979

###### Email address

naddia.rasheed20@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2024-07-23, 1403/05/02

##### Expected recruitment end date

2024-12-22, 1403/10/02

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effectiveness of JANDAS approach Versus McKenzie retraction exercises on pain, disability and quality of life among chronic neck pain patients

##### Public title

Effects of JANDAS approach and McKenzie retraction exercise in treatment of neck pain

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

**Inclusion criteria:**

Patient with neck pain duration more than 6 months  
Age Group - 25-40 years

**Exclusion criteria:**

Subjects with a history of severe trauma such as fracture  
Congenital disorder of cervical spine. Patient who will  
diagnosed with Spondylolisthesis, Myelopathy and  
Tendinopathy, Rheumatoid Arthritis, Ankylosing  
Spondylosis or have tumor,

**Age**

From **25 years** old to **40 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

- Outcome assessor

**Sample size**

Target sample size: **50**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Participants will be randomly divided in two groups  
(group A group B) by using lottery method. Both groups  
will be given conventional physical therapy treatment.  
Group A patients will treated with McKenzie retraction.  
Group B patients will treated with the JANDAS approach.  
Both groups will assessed before and after the  
treatment.

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

The outcome assessor will not know which participant  
will allocated in group A or group B. so study will single  
blinded

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

**Secondary Ids**

empty

**Ethics committees**

**1**

**Ethics committee**

**Name of ethics committee**

The institutional board of Rashid Latif Medical  
College, Lahore

**Street address**

35KM Ferozpur Road, Lahore.

**City**

Lahore

**Postal code**

54900

**Approval date**

2023-10-12, 1402/07/20

**Ethics committee reference number**

IRB/2023127

**Health conditions studied**

**1**

**Description of health condition studied**

Chronic Neck Pain

**ICD-10 code**

**ICD-10 code description**

**Primary outcomes**

**1**

**Description**

Pain

**Timepoint**

Before intervention and 4 weeks after intervention

**Method of measurement**

The Numerical Rating Scale is an 11-point scales for self-  
report of pain.

**2**

**Description**

Disability

**Timepoint**

Before intervention and 4 weeks after intervention

**Method of measurement**

The NDI is a standard instrument for measuring self-  
rated disability due to neck pain.

**3**

**Description**

Quality of life

**Timepoint**

Before intervention and 4 weeks after intervention

**Method of measurement**

SF-36 is composed of eight multi-item scales (Physical  
Functioning, Role-Physical, Bodily Pain, General Health,  
Vitality, Social Functioning, Role-Emotional, Mental  
Health) to determine quality of life.

**Secondary outcomes**

empty

**Intervention groups**

**1**

**Description**

Intervention group: group A will be treated with JANDAS  
Approach. Begin with a thorough assessment of the  
patient's posture and movement patterns. Assess  
weakness in opposing muscle groups, such as the deep  
neck flexors, lower trapezius, and scapular stabilizers.  
Identify any muscle imbalances between flexors and  
extensors, lateral flexors, and rotators. Prescribe specific

exercises to address identified weaknesses and imbalances. Examples may include cervical flexor endurance exercises, scapular stabilization exercises, and stretching for overactive muscles. Repeat these exercises 3 days per week for 4 weeks. Assessment of patient's symptoms will take before and after treatment.

**Category**

Treatment - Other

**2**

**Description**

Intervention group: Group B will be treated with McKenzie retraction exercise. Sit or stand with a straight posture, looking straight ahead. Ask patient Slowly retract your head backward, creating a double chin effect. Maintain the retracted position for a few seconds, feeling a gentle stretch at the back of your neck. Slowly return your head to the neutral position. Repeat the movement several times in a controlled manner. Repeat these exercises 3 days per week for 4 weeks. Assessment of patient's symptoms will take before and after treatment.

**Category**

Treatment - Other

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**  
Arif memorial teaching hospital, Lahore  
**Full name of responsible person**  
Areej Baloch  
**Street address**  
35-KM, Ferozepur Road. Lahore.  
**City**  
Lahore  
**Postal code**  
54900  
**Phone**  
+92 313 1706714  
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areejbaloch44@gmail.com

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**  
Rashid Latif Medical college  
**Full name of responsible person**  
Hafiza Nida Rasheed  
**Street address**  
35-KM, Ferozepur Road. Lahore.  
**City**  
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**Phone**

+92 336 4535979

**Email**

naddia.rasheed20@gmail.com

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Rashid Latif Medical college

**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**  
Rashid Latif Medical College  
**Full name of responsible person**  
Areej Baloach  
**Position**  
Physical Therapist  
**Latest degree**  
Bachelor  
**Other areas of specialty/work**  
Physiotherapy  
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**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**  
Rashid Latif Medical College  
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**Position**  
Physical Therapist  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Physiotherapy

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

Rashid Latif Medical college

**Full name of responsible person**

Hafiza Nida Rasheed

**Position**

Physiotherapist

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

35-KM, Ferozepur Road. Lahore.

**City**

Lahore

**Province****Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

**Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

Undecided - It is not yet known if there will be a plan to make this available

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available