

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

The comparison between the effects of stabilization exercise and routine exercise program on patients with nonspecific chronic neck pain

Protocol summary

Summary

Introduction and objective: neck pain is the second prevalent musculoskeletal disorder after low back pain. This problem is an important cause of disability in human populations which imposes high healthy and treatment costs on societies. Previous studies show that about 67% of people experience cervical pain during their life. In spite of high prevalence of neck pain, diagnosis and treatment of the disorder is a challenging topic of many researches. The goal of the researches for treatment programs is to prevent recurrency, social problems and workless of the subjects. Exercise therapy as an effective method has been the interest of researchers. Stabilization exercise therapy for spinal disorders as a new concept has been the topic of so many studies. The objective of present study is "The assessment of stabilization exercise program and routine exercise therapy for chronic neck pain". Methods: As an easy sample, 50 patients with chronic neck pain were selected among the subjects referring to the Physiotherapy clinic of the Rehabilitation faculty of Tabriz Medical University. They randomly assign to control and experimental groups. VAS and NDI were measured using questionnaire and electromyographic parameters of neck muscles including sternocleidomastoid , splenius capitis and upper trapezius bilaterally. Intervention for control subjects will be routine exercises and for experimental group will be stabilization exercises for a ten weeks period. The variables will be measured at the end of the program.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201109137548N1**

Registration date: **2011-11-28, 1390/09/07**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2011-11-28, 1390/09/07

Registrant information

Name

Mohmmad Asghari

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 1335 7580

Email address

asgharimo@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Research Deputy of Tabriz Univercity of Medical Sciences

Expected recruitment start date

2011-10-23, 1390/08/01

Expected recruitment end date

2013-10-23, 1392/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison between the effects of stabilization exercise and routine exercise program on patients with nonspecific chronic neck pain

Public title

The effects of stabilization exercise on chronic neck pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria : Patients with mechanical nonspecific chronic neck pain
Exclusion criteria :Patients with severe neck pain (VAS>4); Patients with history of fracture or other disorders in neck and shoulder

Age

From **18 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **44**

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

Research Deputy of Tabriz University of Medical Sciences

Street address

Research Deputy, TabrizUniversity of Medical Sciences,Tabriz

City

Tabriz

Postal code

Approval date

2011-05-28, 1390/03/07

Ethics committee reference number

5/4/1811

Health conditions studied

1

Description of health condition studied

neck pain

ICD-10 code

M54.2

ICD-10 code description

cervicalgia due to intervertebral cervical disc disorder

Primary outcomes

1

Description

muscle Activity

Timepoint

Before and After

Method of measurement

EMG

Secondary outcomes

1

Description

pain and disability

Timepoint

before and after

Method of measurement

pain and disability questionnaire

Intervention groups

1

Description

Experimental group: Stabilization exercises including Spinal Stabilization exercises
Routine electrotherapy will be done in both groups for 10 session.

Category

Rehabilitation

2

Description

control group:routine exercise including spinal strenghtening and endurance exercise . Routine electrotherapy will be done in both groups for 10 session

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Rehabilitation Clinic

Full name of responsible person

Street address

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Dr. Fariba Ghaderi

Street address

Rehabilitation Faculty

City

Tabriz

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Tabriz University of Medical Sciences

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***Person responsible for general inquiries****Contact****Name of organization / entity**

Tabriz University of Medical Sciences

Full name of responsible person

Dr. Fariba Ghaderi

Position

PhD / Assistant Professor

Other areas of specialty/work**Street address**

Rehabilitation Faculty, Tabriz University of Medical Sciences, Tabriz, Iran

City

Tabriz

Postal code**Phone**

+98 41 1333 4647

Fax**Email**

ghaderimailbox@gmail.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Tabriz University of Medical Sciences

Full name of responsible person

Dr Fariba Ghaderi

Position

PhD (Assistant Professor)

Other areas of specialty/work**Street address**

Rehabilitation Faculty, Tabriz University of Medical Sciences, Tabriz, Iran

City

Tabriz

Postal code**Phone**

+98 41 1333 4647

Fax**Email**

ghaderimailbox@gmail.com

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

Tabriz University of Medical Sciences

Full name of responsible person

Dr Fariba Ghaderi

Position

PhD, Assistant Professor

Other areas of specialty/work**Street address****City****Postal code****Phone****Fax****Email****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*