

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The Immediate Effects of Whole Body Vibration on Photogrammetric Parameters of Shoulder Posture in Sagittal and Frontal Planes in Young Women with Rounded Shoulder Posture

Protocol summary

Study aim

1. comparison of changes of head horizontal alignment before and after WBV between two groups. 2. comparison of changes of distance between Acromion and 7th cervical vertebra before and after WBV between two groups. 3. comparison of changes of Acromion horizontal alignment before and after WBV between two groups. 4. comparison of changes of thoracic kyphosis before and after WBV between two groups. 5. comparison of changes of pectoralis minor length before and after WBV between two groups. 6. comparison of changes of total distance of scapula before and after WBV between two groups.

Design

The subjects with rounded shoulder according to the inclusion criteria were chosen. Then some markers will attach to the landmarks consist of C7 spinous process, and tragus, acromion process, T12 spinous process, coracoid process and T3 spinous process and photography will take. In the first session, the subject stand on the off WBV and two weeks later again she/he will stand on the ON Whole Body Vibration. After interventions, Photography will take again.

Settings and conduct

This study will be done in School of Rehabilitation if Tehran University of Medical Sciences.

Participants/Inclusion and exclusion criteria

Inclusion criteria are: female between 18-30 years old Rounded shoulder according to the Supine Test and shoulder protracted angle equal or more than 46 degree according to the photogrammetry, cardiovascular health. Exclusion criteria are: epilepsy, pregnancy, articular disorders, history of neurological disease such as vestibular and balance disorders, unhealed wound

Intervention groups

In the first session, the subject stand on the off Whole Body Vibration and two weeks later again she/he will

stand on the ON Whole Body Vibration in the same position.

Main outcome variables

head horizontal alignment: distance between Acromion and 7th cervical vertebra : Acromion horizontal alignment: thoracic kyphosis: pectoralis minor length : total distance of scapula.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20130121012210N6**

Registration date: **2018-01-26, 1396/11/06**

Registration timing: **registered_while_recruiting**

Last update: **2018-01-26, 1396/11/06**

Update count: **0**

Registration date

2018-01-26, 1396/11/06

Registrant information

Name

Azadeh Shadmehr

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 7752 8468

Email address

shadmehr@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-01-15, 1396/10/25
Expected recruitment end date
 2018-03-06, 1396/12/15
Actual recruitment start date
 empty
Actual recruitment end date
 empty
Trial completion date
 empty

Scientific title
 The Immediate Effects of Whole Body Vibration on Photogrammetric Parameters of Shoulder Posture in Sagittal and Frontal Planes in Young Women with Rounded Shoulder Posture

Public title
 The Immediate Effects of Whole Body Vibration on Shoulder Position in Young Women with Rounded Shoulder

Purpose
 Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
 female between 18-30 years old Rounded shoulder according to the Supine Test and shoulder protracted angle equal or more than 46 degree according to he photogrammetry cardiovascular health
Exclusion criteria:
 epilepsy pregnancy articular disorders history of neurological disease such as vestibular and balance disorders unhealed wound

Age
 From **18 years** old to **30 years** old

Gender
 Female

Phase
 N/A

Groups that have been masked
No information

Sample size
 Target sample size: **30**

Randomization (investigator's opinion)
 N/A

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
 Ettics Committee of Tehran University of Medical Sciences
Street address
 Tehran University of Medical Sciences, Keshavarz Bul, Poursina street
City
 Tehran
Province
 Tehran
Postal code
 1417653761
Approval date
 2016-09-14, 1395/06/24
Ethics committee reference number
 IR.TUMS.VCR.REC.1395.622

Health conditions studied

1
Description of health condition studied
 rounded shoulder
ICD-10 code
 M95.9
ICD-10 code description
 Acquired deformity of musculoskeletal system, unspecified

Primary outcomes

1
Description
 horizontal alignment of acromion
Timepoint
 before and after the ON Whole Body Vibration and before and after the OFF Whole Body Vibration
Method of measurement
 photogammetry

2
Description
 head horizontal alignment
Timepoint
 before and after the ON Whole Body Vibrationand before and after the OFF Whole Body Vibration
Method of measurement
 photogammetry

3
Description
 Pectoralis minor length
Timepoint
 before and after the ON Whole Body Vibrationand before and after the OFF Whole Body Vibration
Method of measurement
 photogammetry

4

Description

Distance of acromion to C7 spinous process

Timepoint

before and after the ON Whole Body Vibration and before
and after the OFF Whole Body Vibration

Method of measurement

photogrammetry

5

Description

Thoracic Kyphosis

Timepoint

before and after the ON Whole Body Vibration and before
and after the OFF Whole Body Vibration

Method of measurement

photogrammetry

6

Description

Total distance of skapula

Timepoint

before and after the ON Whole Body Vibration and before
and after the OFF Whole Body Vibration

Method of measurement

photogrammetry

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Whole Body Vibration in ON mode

Category

Rehabilitation

2

Description

Intervention group: Whole Body Vibration in OFF mode

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

School of Rehabilitation, Tehran University of Medical
Sciences

Full name of responsible person

Azadeh Shadmehr

Street address

School of Rehabilitation, Piche Shemiran, Enghelab
Street

City

Tehran

Province

Tehran

Postal code

1148965111

Phone

+98 21 7752 8468

Fax

+98 21 7752 8468

Email

shadmehr@tums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

mohammad ali Sahraian

Street address

Tehran University of Medical Sciences, Keshavarz Bul,
Ghods Street

City

Tehran

Province

Tehran

Postal code

1417653761

Phone

+98 21 8163 3627

Email

research@tums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

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

Tehran University of Medical Sciences

Full name of responsible person

Azadeh Shadmehr

Position

Professor
Latest degree
Ph.D.
Other areas of specialty/work
Physiotherapy
Street address
School of Rehabilitation, Piche Shemiran, Enghelab Street
City
Tehran
Province
Tehran
Postal code
1148965111
Phone
+98 21 7752 8468
Fax
+98 21 7752 8468
Email
shadmehr@tums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Azadeh Shadmehr
Position
Professor
Latest degree
Ph.D.
Other areas of specialty/work
Physiotherapy
Street address
School of Rehabilitation, Piche Shemiran, Enghelab Street
تهران استان تهران کشور جمهوری اسلامی ایران
1148965111 کد پستی
City
Tehran
Province
Tehran
Postal code
1148965111
Phone
+98 21 7752 8468
Fax
+98 21 7752 8468
Email
shadmehr@tums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Azadeh Shadmehr
Position
Professor
Latest degree
Ph.D.
Other areas of specialty/work
Physiotherapy
Street address
خیابان آدرس School of Rehabilitation, Piche Shemiran, Enghelab Street
City
Tehran
Province
Tehran
Postal code
1148965111
Phone
+98 21 7752 8468
Fax
+98 21 7752 8468
Email
shadmehr@tums.ac.ir

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

Due to the Patients Data security

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

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

Article Publication

When the data will become available and for how long

After Article Publication

To whom data/document is available

All of the People

Under which criteria data/document could be used

For Future Researches

From where data/document is obtainable

Azadeh Shadmehr shadmehr@tums.ac.ir

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

with sending an Email

Comments