

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparison between Chin tuck exercise and stabilizing exercise on the head forward posture

Protocol summary

Summary

This study has been designed to investigate if there is any beneficiary effect from the stabilizing exercise for correction of Forward head posture. 50 female university students with FHP will be participated and assigned in one of the two experimental groups: 1) chin tuck exercise and 2) chin tuck exercise plus stabilizing exercise group. Intervention protocols in both experimental groups include 4 weeks, twice a daily (morning and evening) of 10 set of exercise (10 sec of performance and 10 sec rest). All subjects will be instructed and controlled to ensure of correct performance of exercises. The subjects in the control group will perform chin tuck exercises and in the experimental group will perform chin tuck and neck stabilizing exercise simultaneously. The distance between center of ear and line of gravity in up right standing position will be measured before and after 4 weeks of exercise in both groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138806221254N3**

Registration date: **2009-10-03, 1388/07/11**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2009-10-03, 1388/07/11

Registrant information

Name

Amir Hoshang Bakhtiary Davijani

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 1444 1983

Email address

amirbakhtiary@sem-ums.ac.ir

Recruitment status

Recruitment complete

Funding source

Semnan University of Medical sciences

Expected recruitment start date

2009-09-23, 1388/07/01

Expected recruitment end date

2010-03-18, 1388/12/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison between Chin tuck exercise and stabilizing exercise on the head forward posture

Public title

Comparison between Chin tuck exercise and stabilizing exercise on the head forward posture

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Female students of Semnan University of Medical Sciences with Forward head posture
Exclusion criteria: Presence of neuromuscular, musculoskeletal, cardiovascular or respiratory diseases, presence of shoulder or arm radicular pain, presence of neck pain and limited range of movement in neck vertebral column

Age

From **18 years** old to **25 years** old

Gender

Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 50

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 Semnan University of Medical Sciences

Street address
Semnan, Blv Basij

City
Semnan

Postal code

Approval date
2009-08-09, 1388/05/18

Ethics committee reference number
a/2/6419

Health conditions studied

1

Description of health condition studied
Forward Head Posture

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
The rate of head forward displacement

Timepoint
Before and after 4 weeks intervention

Method of measurement
Distance between the center of ear to the line of gravity (in mm)

Secondary outcomes

empty

Intervention groups

1

Description
Neck stabilizing exercise plus chin tuck exercise (10 times, 2 times a day for 4 weeks)

Category
Rehabilitation

2

Description
Chin tuck exercise (10 times, 2 times a day for 4 weeks)

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Semnan University of Medical sciences

Full name of responsible person
Amir hoshang Bakhtiary

Street address

City
Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Semnan University of medical Sciences

Full name of responsible person
Dr Raheb Ghorbani

Street address
Semnan, Blv Bsij

City
Semnan

Grant name

Grant code / Reference number

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

Title of funding source
Semnan 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

Semnan University of Medical Sciences

Full name of responsible person

Amir Hooshang Bakhtiary

Position

Associate professor/ PhD in Physiotherapy

Other areas of specialty/work

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Person responsible for updating data

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Semnan University of Medical Sciences

Full name of responsible person

Amir Hoshang Bakhtiary

Position

Associate professor/ PhD in Physiotherapy

Other areas of specialty/work

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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