Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
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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