

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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

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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