

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The comparative study of the effect of stabilization exercise and stretching-strengthening exercise on postural correction and balance parameters in forward head posture patients.

#### Protocol summary

##### Summary

Purpose of study: The comparative study of the effect of stabilization exercise and stretching-strengthening exercise on postural correction and balance parameters in forward head posture patients. Type of study: Randomized controlled trial. Population: Twenty forward head posture patient and twenty normal subjects without postural abnormalities. Inclusion criteria: Deviation more than 2 cm of lobe of the ear from plumb line. Exclusion criteria: Subjects without forward head posture/history of pain in the recent year. Sample size: 40 people. Intervention: Stabilization exercise and stretching-strengthening exercise. Intervention time: 6 weeks (3 time a week). Outcome: Degree of forward head posture-balance parameters

#### General information

##### Acronym

Intervention

##### IRCT registration information

IRCT registration number: **IRCT201011065112N1**

Registration date: **2010-12-04, 1389/09/13**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2010-12-04, 1389/09/13

##### Registrant information

###### Name

Rozita Hedayati

###### Name of organization / entity

Semnan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

##### Phone

+98 23 1335 4180

##### Email address

hedayati@sem-ums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Semnan University of Medical Sciences

##### Expected recruitment start date

2010-09-23, 1389/07/01

##### Expected recruitment end date

2011-06-22, 1390/04/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The comparative study of the effect of stabilization exercise and stretching-strengthening exercise on postural correction and balance parameters in forward head posture patients.

##### Public title

The comparative study of the effect of stabilization exercise and stretching-strengthening exercise on postural correction and balance in forward head posture patients.

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: 1) Existence forward head posture. 2) No history of pain in the recent year that last more than 3 months. 3) Age between 18 and 40. 4) Female. Exclusion criteria: 1) Spinal surgery. 2) History of neck trauma. 3) Acute or recurrent pain in neck and back. 4)

Any musculoskeletal treatment in neck pain in the recent year. 5) Complain of any neuromuscular symptoms. 6) Spinal deformities such as scoliosis and turtleneck. 7) Disorders of central nervous system. 8) Chronic respiratory disorders in the last 5 years. 9) Surgery or disorders in tempromandibular joint. 10) Visual disorder not correctable with glasses. 11) Vestibular disorders. 12) Ankle, knee and hip injury. 13) Balance disorders. 14) Falling history. 15) Drugs with side effect on postural control system. 16) Attending training exercise in neck and back in the last 12 months

#### Age

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

#### Gender

Female

#### Phase

2

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **40**

#### 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 Science

##### Street address

Semnan University of Medical Science- Damghan Road, 5 km towards Damghan

##### City

Semnan

##### Postal code

#### Approval date

2010-10-19, 1389/07/27

#### Ethics committee reference number

18301 /3/9

## Health conditions studied

### 1

#### Description of health condition studied

Forward head posture

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Degree of forward head posture

#### Timepoint

6 weeks

#### Method of measurement

Cranio-Vertebral angle

### 2

#### Description

Balance parameters

#### Timepoint

6 weeks

#### Method of measurement

Displacemet and velocity of center of pressure

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Interventional group with stabilization exercises -6 weeks, 3time a week .(Including stabilization exercises of upper quarter)

#### Category

Rehabilitation

### 2

#### Description

control group

#### Category

N/A

### 3

#### Description

Interventional group with stretching-strengthening exercises- 6weeks, 3time a week. (Including stretching exercises of short muscles and strengthening of weak muscles of upper quarter )

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

Name of recruitment center

Rehabilitation Research Center of Semnan University  
of Medical Science

**Full name of responsible person**

Amir Hushang Bakhtiary

**Street address**

Damghan Road, 5 km towards Damghan- Semnan

**City**

Semnan

## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**

Research Deputy of Semnan University of Medical  
Science

**Full name of responsible person**

Raheb Ghorbani

**Street address**

Damghan Road, 5 km towards Damghan- Semnan

**City**

Semnan

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Research Deputy of Semnan University of Medical  
Science

**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**

Rehabilitation Faculty

**Full name of responsible person**

Rozita Hedayati

**Position**

PHD/ Academic Member of Rehabilitation Faculty

**Other areas of specialty/work**

**Street address**

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rosehed@yahoo.com; hedayati@sem-ums.ac.ir

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## Person responsible for scientific inquiries

**Contact**

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## Person responsible for updating data

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**Name of organization / entity**

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**Full name of responsible person**

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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*