

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effectiveness of adding postural reeducation techniques to the manual therapy of patients with nonspecific chronic neck pain: A Randomized Clinical Trial.

#### Protocol summary

##### Study aim

The effectiveness of adding postural reeducation techniques to the manual therapy on pain, range of motion (ROM) and function of patients with nonspecific chronic neck pain

##### Design

Randomized, controlled clinical trial with a block group design of 32 patients perform .for Block randomization of general posture reeducation was used spss soft ware

##### Settings and conduct

randomized Patients with non-specific chronic neck pain are selected from patients who are referred to physiotherapy clinics. Then, subjects are assigned to two groups of control and intervention according to block randomization.

##### Participants/Inclusion and exclusion criteria

a. Inclusion criteria: 1. Having non specific neck pain for 3 months or more 2. Existence of pain based of VAS more than 3 and 4 3. Age between 18-47 4. Both sex with normal body mass index 5. No smoking habits, have a regular physical activities b. Exclusion criteria: 1. Limited neck range of motion 2. Night pain 3. No patient satisfaction to participation in study 4. Any radicular pain

##### Intervention groups

Both groups will receive techniques 10 sessions, 45 minute each, according to the participants' needs. Each group will receive manual therapy. In control group: This group receives manual therapy techniques that include the release of soft tissue and muscle energy. In intervention group: This group will receive manual therapy including soft tissue release and muscle energy techniques the same as the control group, Additionally general posture reeducation will add to their treatment program..

##### Main outcome variables

1-Pain 2-Range of motion 3-Funtion

#### General information

##### Reason for update

Unfortunately, the start date of the patients' recruitment and the end date of the interventions were incorrectly entered and corrected.

##### Acronym

GPPE

##### IRCT registration information

IRCT registration number: **IRCT20210717051912N1**  
Registration date: **2021-08-28, 1400/06/06**  
Registration timing: **prospective**

Last update: **2022-05-22, 1401/03/01**

Update count: **1**

##### Registration date

2021-08-28, 1400/06/06

##### Registrant information

###### Name

Fatma Yenyol

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 4464 7357

###### Email address

fatmayenyol1995@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2021-09-07, 1400/06/16

##### Expected recruitment end date

2021-11-21, 1400/08/30

##### Actual recruitment start date

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The effectiveness of adding postural reeducation techniques to the manual therapy of patients with nonspecific chronic neck pain: A Randomized Clinical Trial.

**Public title**

Study of general posture reeducation of exercise on neck pain patients

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

Having non specific neck pain for 3 months or more  
Existence of pain based of VAS more than 3 and 4 Age between 18-47 Both sex with normal body mass index  
No smoking habits, have a regular physical activities

**Exclusion criteria:**

Limited neck ROM Night pain No patient satisfaction to participation in study Any radicular pain

**Age**

From **18 years** old to **47 years** old

**Gender**

Both

**Phase**

2-3

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **32**  
More than 1 sample in each individual  
Number of samples in each individual: **16**  
16 subjects per group

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

The allocation of individuals to the two groups will be by random allocation. Block randomization will be used. The therapist divides people into subgroups called blocks. 8 to four blocks are selected. Individuals in each block are randomly divided into two groups: control (A) and treatment (B). we have 32 per in block each group 16 per in intervention group and 16 per in control group To do this, Excel computer software is used.

**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 the University of Social Welfare and Rehabilitation Sciences

**Street address**

Daneshjoo Blvd., Koodkiar Alley, University of Social Welfare and Rehabilitation Sciences

**City**

tehran

**Province**

Tehran

**Postal code**

1481645371

**Approval date**

2021-07-17, 1400/04/26

**Ethics committee reference number**

IR.USWR.REC.1400.101

**Health conditions studied****1****Description of health condition studied**

non specific chronic neck pain

**ICD-10 code**

M95.9

**ICD-10 code description**

Acquired deformity of musculoskeletal system, unspecified

**Primary outcomes****1****Description**

1- pain.

**Timepoint**

Before, after and 2 weeks follow up

**Method of measurement**

Visual analog scale

**2****Description**

2.Range of motion

**Timepoint**

Before, after and 2 weeks follow up

**Method of measurement**

Goniometer

**3****Description**

3.Function

**Timepoint**

Before, after and 2 weeks follow up

**Method of measurement**

Neck disability index questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

intervention group: Manual therapy includes: soft tissue release and muscle energy training, in addition to postural re-training techniques added to their treatment program.

#### Category

Rehabilitation

### 2

#### Description

Control group: This group receives manual therapy such as soft tissue release and muscle energy techniques(MET) .

#### Category

Diagnosis

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Private physiotherapy clinic

##### Full name of responsible person

Mustafa Bazrafkan

##### Street address

East Ferdows Boulevard No. 281, 1st floor, Pass Clinic

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### 2

#### Recruitment center

##### Name of recruitment center

Orthopedic Clinic

##### Full name of responsible person

Dr Habib reshadi

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Punak Blvd. Mirzababaei. Imam Hassan Alley, 4th floor

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## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

University of social welfare and rehabilitation sciences

##### Full name of responsible person

dr.hamid reza khoramkhorshid

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rd@uswr.ac.ir

#### Grant name

#### Grant code / Reference number

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

No

#### Title of funding source

university of social welfare and rehabilitation 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

University of social welfare and rehabilitation sciences

##### Full name of responsible person

Zahra Mosallanezhad

##### Position

associate professor

##### Latest degree

Ph.D.

##### Other areas of specialty/work

Physiotherapy

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## Person responsible for scientific inquiries

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## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

### 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

Yes - There is a plan to make this available

### Data Dictionary

Yes - There is a plan to make this available

### Title and more details about the data/document

Some of the data, such as information about the consequences, can be shared.

### When the data will become available and for how long

Starting the access period: 6 months after publication the results.

### To whom data/document is available

Researchers working in academic and academic institutions.

### Under which criteria data/document could be used

Only statistical analyzes can be used to find treatment for improvement of patients.

### From where data/document is obtainable

Applicants can be guided by email authors.

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

First, they will email the authors of the study and we will be answered within a week.

### Comments