Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparsion of the effectiveness of mobilization and strength training in improving pain and quality of life in patient with forward head posture

Protocol summary

Study aim

our study aim to compare the effects of mobilization and strength training on pain and quality of life in patient with forward head posture

Design

A concealed ,randomized ,assesor blind clinical trial with a parallel group design of 34 patient enrolled between from may,2022 to july 2022 for two month,

Settings and conduct

its will conduct in chaduhary akram teaching hospital and this trial is assesor blind

Participants/Inclusion and exclusion criteria

inclusion criteria: Patient with chronic neck pain for more than 3 month Patient with neck disability index less than 24 Patient with prolong sitting workspace enviourment Patient with chronic headache age between 23 to 57 Exclusion criteria En Patient with congenital/acquired postural deformities like scoliosis patient undergone the neck surgeries patient with spinal diseases like compression,tumors,neurological deficits patient with neck fracture and inflammatory disease

Intervention groups

Group A Intervention group: Subjects will told to perform head nodding action to gradually target and hold the 5 pressure levels for 10 seconds between 22 mmHg and 30 mmHg. The minimum satisfactory performance requirements were 26 mmHg. Each session of consisted of 3 sets, with each set having 10 repetitions. Sessions were performed for a total of 6 weeks with 4 days in a week under the supervision of the therapist for total 8 weeks of the total trial Group B Intervention group: will given the mobilization exercises total of three sets will conducted, with one set consisting of repeating the motion that will maintained for 10 s up to 10 times. A break of 5 s will provided per one movement and 30 s per one set. Therefore, the total exercise time will be less <10 min.this treatment will continue for 8 weeks.

Main outcome variables

Pain will be assessed by using Visual analog scale and quality of life will be calculated with Sf36 quality of life scale

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220414054537N2**
Registration date: **2022-07-18, 1401/04/27**
Registration timing: **retrospective**

Last update: **2022-07-18, 1401/04/27**
Update count: **0**

Registration date

2022-07-18, 1401/04/27

Registrant information

Name
Faisal Ghafoor
Name of organization / entity
The Superior University
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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-06-10, 1401/03/20

Expected recruitment end date

2022-06-15, 1401/03/25

Actual recruitment start date

2022-06-13, 1401/03/23

Actual recruitment end date

2022-06-20, 1401/03/30

Trial completion date

2022-08-20, 1401/05/29

Scientific title

Comparsion of the effectiveness of mobilization and strength training in improving pain and quality of life in patient with forward head posture

Public title

effects of mobilization and strength training in patient with forward head posture

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patient with chronic neck pain for more than 3 month Patient with neck disability index less than 24 Patient with prolong sitting workspace enviourment Patient with chronic headache age between 23 to 57

Exclusion criteria:

Patient with congenital/acquired postural deformities like scoliosis patient undergone the neck surgeries patient with spinal diseases like compression,tumors,neurological deficits patient with neck fracture and inflammatory disease

Age

From **23 years** old to **57 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **34**

Actual sample size reached: **34**

Randomization (investigator's opinion)

Randomized

Randomization description

After baseline assessment patients were divided into two groups A and B randomly by gold fish bowl method. Randomization was done by one of the accessors who was not be a part of research and patient treatment. Randomization assignments was kept in opaque, sealed envelopes and was unsealed by researcher after a baseline treatment. After randomization, the participants in the study was only one to be informed about the allocation of program by the therapist, remaining were unaware of the interventions applied in the other group from may,2022 to july 2022 for two month

Blinding (investigator's opinion)

Single blinded

Blinding description

the assesor of the study is blind he will not know about the treatment protocol is given to participants and form which group is belongs

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

committe Azra Naheed Centre for Research & Development the Superior University ,Lahore

Street address

main riwind road 17 km ,Lahore

City

Lahore

Postal code

54000

Approval date

2022-06-24, 1401/04/03

Ethics committee reference number

REC/FAHS/DPT/B/(AP)/June2022/992

Health conditions studied

1

Description of health condition studied

Forward head posture (FHP) is a poor habitual neck posture. It often co-exists with Upper Crossed Syndrome. Defined by hyperextension of the upper cervical vertebrae and forward translation of the cervical vertebrae

ICD-10 code

R29.3

ICD-10 code description

Abnormal posture

Primary outcomes

1

Description

pain

Timepoint

before the start of the intervention and after the 8 weeks of intervention

Method of measurement

pain will be calculated Numeric pain rating scale

2

Description

Quality of life

Timepoint

before the start of the intervention and after the 8 weeks of intervention

Method of measurement

The quality of life will be calculated by using Sf-36 quality of life scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: the patient will instructed to target one mark corresponding 2 mmHg on the pressure dial at a time. The pressure that will the patient could hold steady for 10 seconds with minimal superficial muscle activity is the one which take as baseline endurance capacity (10 repetitions of 10-second hold). The action will ensure to be pure nod with no head retraction and no head lifting. Subjects will told to perform head nodding action to gradually target and hold the 5 pressure levels for 10 seconds between 22 mmHg and 30 mmHg. The minimum satisfactory performance requirements were 26 mmHg. Each session of consisted of 3 sets, with each set having 10 repetitions. Sessions were performed for a total of 6 weeks with 4 days in a week under the supervision of the therapist for total 8 weeks of the total trial

Category

Rehabilitation

2

Description

Intervention group: Group B will given the mobilization exercises total of three sets will conducted, with one set consisting of repeating the motion that will maintained for 10 s up to 10 times. A break of 5 s will provided per one movement and 30 s per one set. Therefore, the total exercise time will be less <10 min.this treatment will continue for 8 weeks.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

committe Azra Naheed Centre for Research & Development the Superior University ,Lahore

Full name of responsible person

Dr zohaib Shahid

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The Superior University

Full name of responsible person

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Grant name

Nil

Grant code / Reference number

NIl

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

No

Title of funding source

Nil

Proportion provided by this source

1

Public or private sector

Private

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

Committe Azra Naheed Centre for Research & Development the Superior University ,Lahore

Full name of responsible person

Dr Zohaib Shahid

Position

Assiatant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Rehabilitation management

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Person responsible for scientific inquiries

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Person responsible for updating data

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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
Undecided - It is not yet known if there will be 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
All data will be shared aftere de-identification
When the data will become available and for how long
data will be avilable when the rial has been completed at the end of the august 2022,the data will be avilable for the future use and after the completeion of trial when it get published approximately after 4 week in the start of of october 2022 and summry of the data will be avilable after the article get published
To whom data/document is available
it will be avilable to all teaching institute and hospital for better care of thepatient more over it will be avilable for the researcher as well
Under which criteria data/document could be used
only for the research and for the benefits of public
From where data/document is obtainable
the documents will be avilable on the following details email:rehanfaisal68@gmail.com and contact no: +923334816348, the postal address:Department of physical therapy, chaudhary akram teaching hospital the superior university,17 km riwind road,Lahore
What processes are involved for a request to access data/document
application sent on the email on request rehanfaisal68@gmail.com
Comments