

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

EFFECT OF FUNCTIONAL EXERCISES VERSUS NECK ISOMETRICS EXERCISES IN PATIENTS WITH NON- SPECIFIC NECK PAIN

Protocol summary

Study aim

To compare the effect of functional exercises and neck isometrics exercises in patients with non-specific neck pain in terms of reducing pain and functional ability of neck.

Design

Randomized Control Trial.

Settings and conduct

A Private Physiotherapy Clinic, Ehsan's Rehab, in Lahore, Pakistan.

Participants/Inclusion and exclusion criteria

Inclusion criteria: • Patients of both genders aged between 30-45 years will be included in the study. • Patients having acute or sub-acute neck pain for duration less than 12 weeks. • Patients having moderate and severe pain. Exclusion criteria: • Patients having non-specific neck pain along with any major pathology will be excluded. • If they present with any trauma, whiplash injury, history of malignancy or neoplasm, cervical radiculopathy, fractures of cervical or thoracic region. • If the patients present with neurologic diseases such as stroke, Parkinson's disease or multiple sclerosis. • Patients with acute neck pain having inflammation will be excluded. • Patients having limited shoulder ROM due to any shoulder pathology.

Intervention groups

Group A Conventional physiotherapy which include moist heat that will be applied on the cervical region of the patient along with TENS. Then the patient will be instructed by the Physiotherapist to perform the active ROM of neck, Neck stabilization exercises. The Physiotherapist will then perform optimal loading neck isometrics on patients. Group B Conventional physiotherapy which include moist heat that will be applied on the cervical region of the patient along with TENS. Then the patient will be instructed by the Physiotherapist to perform the active ROM of neck, Neck stabilization exercises. Patients then perform functional exercises which include ergo meter training and thera-

ball exercises.

Main outcome variables

Pain, Functional disability

General information

Reason for update

Acronym

EFEVNIOWNNP

IRCT registration information

IRCT registration number: **IRCT20220714055471N1**

Registration date: **2023-01-23, 1401/11/03**

Registration timing: **retrospective**

Last update: **2023-01-23, 1401/11/03**

Update count: **0**

Registration date

2023-01-23, 1401/11/03

Registrant information

Name

Ambreen Iqbal

Name of organization / entity

University of South Asia, Lahore

Country

Pakistan

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-02-08, 1400/11/19

Expected recruitment end date

2022-06-10, 1401/03/20

Actual recruitment start date

2022-02-08, 1400/11/19
Actual recruitment end date
2022-06-10, 1401/03/20
Trial completion date
2022-08-19, 1401/05/28

Scientific title
EFFECT OF FUNCTIONAL EXERCISES VERSUS NECK ISOMETRICS EXERCISES IN PATIENTS WITH NON-SPECIFIC NECK PAIN

Public title
EFFECT OF FUNCTIONAL EXERCISES VERSUS NECK ISOMETRICS EXERCISES IN PATIENTS WITH NON-SPECIFIC NECK PAIN

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Patients of both genders aged between 30-45 years will be included in the study. Patients having acute or sub-acute neck pain for duration less than 12 weeks. Patients having moderate and severe pain.
Exclusion criteria:
Patients having non-specific neck pain along with any major pathology will be excluded. If they present with any trauma, whiplash injury, history of malignancy or neoplasm, cervical radiculopathy, fractures of cervical or thoracic region. If the patients present with neurologic diseases such as stroke, Parkinson's disease or multiple sclerosis. Patients with acute neck pain having inflammation will be excluded. Patients having limited shoulder ROM due to any shoulder pathology.

Age
From **30 years** old to **45 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant
- Outcome assessor

Sample size
Target sample size: **30**
Actual sample size reached: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
The samples will be selected randomly through Lottery Method. Each member will get equal chance of being included in the study. The patients meeting the inclusion criteria will be allowed to pick an envelope placed in a container, in which the group number will be mentioned and before folding that paper, the number will not be visible to any of the patient or practitioners. By this the patients will be divided into two groups: Group A and Group B. Group A will be the control group and Group B will be the experimental group in this study.

Blinding (investigator's opinion)
Double blinded

Blinding description

The patients and assessor will be blind to the treatment. Baseline assessment will be performed by the assessor in a separate room before treatment group allocation. The patients according to different groups will be called for the treatment on different timings. After the completion of treatment sessions, the final assessment of patients will be done by the assessor. The treatment group allocation of patients will not be revealed to assessor

Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Institutional review board, University of South Asia

Street address

47 Tufail Rd, Cantt, Lahore, Punjab

City

Lahore

Postal code

54800

Approval date

2021-12-13, 1400/09/22

Ethics committee reference number

IRB-USA-FLHS/53/2021

Health conditions studied

1

Description of health condition studied

Non specific neck pain

ICD-10 code

M54.2

ICD-10 code description

Cervicalgia

Primary outcomes

1

Description

Pain

Timepoint

baseline and after 2 weeks

Method of measurement

NPRS

2

Description

Functional disability
Timepoint
Baseline and after 2 weeks
Method of measurement
NDI

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group:
Category
Rehabilitation

2

Description
Intervention group:
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Ehsan's Rehab And Sports Injury Clinic,Lahore.
Full name of responsible person
Dr.Ahsan Javed
Street address
House no.35, Block G Gulberg 2, Lahore, Punjab
City
Lahore
Postal code
54660
Phone
+92 300 8451848
Email
ahsan.javed@usa.ed.pk
Web page address
<https://www.ehsanrehab.com/>

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
University Of South Asia,Lahore
Full name of responsible person
Ambreen Iqbal
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
University Of South Asia,Lahore
Proportion provided by this source
15
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
University Of South Asia,Lahore
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Ambreen Iqbal
Position
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Latest degree

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Other areas of specialty/work

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Web page address<https://usa.edu.pk/>**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable