

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effect of vestibular rehabilitation using Epley's Maneuver in patients with canalithiasis due to forward head posture; a randomized clinical trial

#### Protocol summary

##### Study aim

Assessing the Epley's maneuver effects on reducing craniovertebral angle (less than 50-53 degrees) in patients having posterior canalithiasis due to forward head posture, vertigo after positive Dix-Hallpike maneuver

##### Design

Randomized clinical trial

##### Settings and conduct

The settings are The University of Faisalabad

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Both male and female genders; reduced craniovertebral angle that is less than 50-53 degrees; computer/ laptop users; individuals with forward head posture; IT students of final year (The University of Faisalabad) Individuals with neck pain; positive Dix-Hallpike maneuver. Exclusion criteria: CVA (cerebrovascular accident); vestibular migraine; cervical spondylosis; history of fracture; upper cross syndrome; already diagnosed with Benign paroxysmal positional vertigo; other musculoskeletal conditions; other neurological conditions; mentally or emotionally unstable; brain tumor, hypertension.

##### Intervention groups

interventional group: Epley's maneuver control group: gaze stabilization exercises

##### Main outcome variables

Dizziness handicap inventory, Visual Vertigo Analogue Scale.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230709058728N1**

Registration date: **2023-09-24, 1402/07/02**

Registration timing: **retrospective**

Last update: **2023-09-24, 1402/07/02**

Update count: **0**

##### Registration date

2023-09-24, 1402/07/02

##### Registrant information

###### Name

Maryam Asif

###### Name of organization / entity

The University of Faisalabad

###### Country

Pakistan

###### Phone

+92 333 1448119

###### Email address

drmaryamasifpt@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-03-28, 1402/01/08

##### Expected recruitment end date

2023-06-15, 1402/03/25

##### Actual recruitment start date

2023-03-28, 1402/01/08

##### Actual recruitment end date

2023-06-15, 1402/03/25

##### Trial completion date

2023-06-15, 1402/03/25

##### Scientific title

The effect of vestibular rehabilitation using Epley's Maneuver in patients with canalithiasis due to forward head posture; a randomized clinical trial

##### Public title

The effect of vestibular rehabilitation using Epley's Maneuver in patients with canalithiasis due to forward head posture; a randomized clinical trial

##### Purpose

Treatment

## Inclusion/Exclusion criteria

### Inclusion criteria:

Craniovertebral Angle that is less than 50-53 degrees  
Gender: Both male and female Computer/ laptop users IT students of final year Positive Dix-Hallpike maneuver age 20-24

### Exclusion criteria:

CVA (cerebrovascular accident) Vestibular migraine Cervical spondylosis History of skull fracture Upper cross syndrome Already diagnosed with BPPV Other musculoskeletal conditions Other neurological conditions Mentally or emotionally unstable Carcinoma of brain ear infections hypertension

## Age

From **20 years** old to **24 years** old

## Gender

Both

## Phase

0

## Groups that have been masked

*No information*

## Sample size

Target sample size: **48**

Actual sample size reached: **42**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Simple random sampling via lottery method. The IDs of all the participants were written on the slips of paper having same color and size and mix it up. Then blindfold selection were made.

## 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

The University of Faisalabad

##### Street address

Canal road, Faisalabad

##### City

Faisalabad

##### Postal code

38610

#### Approval date

2023-03-25, 1402/01/05

#### Ethics committee reference number

TUF/Addl Reg/SB/379

## Health conditions studied

### 1

#### Description of health condition studied

Vertigo; dizziness

#### ICD-10 code

H81.10

#### ICD-10 code description

Benign paroxysmal vertigo, unspecified ear

## Primary outcomes

### 1

#### Description

Dizziness

#### Timepoint

Dizziness handicap inventory

#### Method of measurement

The DHI have 25 items, and a total score of 0-100 points , The patient is asked to answer each question as it pertains to dizziness, specifically considering their condition during the last month. Questions are designed to incorporate functional (F), physical (P), and emotional (E) impacts on disability. Positional (F3) sub-scale shows maximum scoring in BPPV cases.

### 2

#### Description

Vertigo

#### Timepoint

Visual Vertigo Analogue scale

#### Method of measurement

The VVAS is a visual analog scale that rates the intensity of visual vertigo in 9 challenging situations of visual motions that particularly provoke dizziness.

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Epley's maneuver contains a sequence of 4 consecutive movements. 45° head rotation towards the affected side in reference to the body is made in sitting, 45° head rotation towards the affected side and slight extension of head below the level of the plinth in supine (the first step), now 45° head rotation towards the healthy side and slight extension of head below the level of the plinth in supine (the second step), 135° head rotation towards the healthy side in position of lateral decubitus also known as 135° sound-ear down position (the third step), the last step is then sitting in the upright position(the fourth step)

#### Category

Rehabilitation

## 2

### Description

Control group: received Vestibular rehabilitation therapy in which participants receive gaze and head stability exercises. Gaze stabilization exercises were performed while participants were seated and the individuals have to follow the card through gaze by moving their eyes and head.

### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**

The University of Faisalabad

**Full name of responsible person**

Maryam Asif

**Street address**

Canal Road, Faisal Town, Faisalabad.

**City**

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**Postal code**

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**Phone**

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**Email**

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## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

The University of Faisalabad

**Full name of responsible person**

Maryam Asif

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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**

The University of Faisalabad

**Proportion provided by this source**

100

**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**

Other

## Person responsible for general inquiries

### Contact

**Name of organization / entity**

The University of Faisalabad

**Full name of responsible person**

Maryam Asif

**Position**

Student

**Latest degree**

Medical doctor

**Other areas of specialty/work**

Neuromuscular Physical Therapy

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

The University of Faisalabad

**Full name of responsible person**

Tayyaba Falak

**Position**

doctor

**Latest degree**

Medical doctor

**Other areas of specialty/work**

Physiotherapy

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Madinah teaching hospital

**Full name of responsible person**

Kishwar Batool

**Position**

Doctor

**Latest degree**

Medical doctor

**Other areas of specialty/work**

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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**

The effect of vestibular rehabilitation using EPLEY's maneuver in patients with canalithiasis due to forward head posture; A randomized clinical trial

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

Data will be available after the completion of the study and will remain available till 6 months

**To whom data/document is available**

Data will be available for other people almost 6 months after the completion of study

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

The data/document could be used by communicating with the principle investigator Maryam Asif

**From where data/document is obtainable**

Maryam Asif drmaryamasifpt@gmail.com

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

The data/document could be used by communicating with the principle investigator Maryam Asif

**Comments**