Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Exercises management for pain and forward head posture in patients with cervical spondylosis

Protocol summary

Study aim
Aim of the study to determined exercises management for pain and forward head posture in patient with cervical spondylosis
Design
Randomized control trail study
Settings and conduct
The current study carried out in WAPDA teaching hospital in physical therapy department
Participants/Inclusion and exclusion criteria
The inclusion criteria of study includes both male and female, aged 40-60 year, no pervious history of trauma, surgery and diagnosed patients by orthopedic, pain is not more than 8 at VAS. Pregnant women, Pain is more than 8 at VAS, history of previous cervical surgery, vertebral compression fracture, history of malignancy, rheumatoid disorder and other systemic problems were excluded.
Intervention groups
Group A or Interventional group will received cervical isometric and postural corrected exercises with shoulder dynamics exercises 4 session per week for 6 week. GROUP B or Control group will received cervical isometric and postural corrected exercises 4 session per week for 6 week.
Main outcome variables
Pain and forehead posture

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20230124057196N2**
Registration date: **2023-12-20, 1402/09/29**
Registration timing: **retrospective**

Last update: **2023-12-20, 1402/09/29**
Update count: **0**
Registration date
2023-12-20, 1402/09/29

Registrant information
Name
mariam umer hayat
Name of organization / entity
The University of Lahore
Country
Pakistan
Phone
+92 321 4437350
Email address
mariamumerhayat@gmail.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2023-05-22, 1402/03/01
Expected recruitment end date
2023-11-02, 1402/08/11
Actual recruitment start date
2023-06-19, 1402/03/29
Actual recruitment end date
2023-12-05, 1402/09/14
Trial completion date
2023-12-05, 1402/09/14

Scientific title
Exercises management for pain and forward head posture in patients with cervical spondylosis

Public title
Exercises management for pain and forward head posture in patients with cervical spondylosis
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:

Both male and female Aged 40-60 year Pain is NOT more than 8 at visual analogous scale (VAS) Diagnosed patients by orthopedic No pervious history of trauma and surgery of cervical spine

Exclusion criteria:

Pregnant women History of previous cervical surgery Pain is more than 8 at visual analogous scale (VAS) vertebral compression fracture Age more than 60 or less than 40 History of malignancy, rheumatoid disorder and other systemic problem

Age

From **40 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Care provider
- Data analyser

Sample size

Target sample size: **70**

Actual sample size reached: **68**

Randomization (investigator's opinion)

Randomized

Randomization description

The participant of study was randomly allocated in experimental and control group by lottery method after recruitment of sample participants

Blinding (investigator's opinion)

Double blinded

Blinding description

Participant, Care provider and Data analyzer did not know which participant belonged to which group

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The University of Lahore

Street address

1-Km Defense Road، near Bhuptian Chowk، Lahore, Punjab

City

Lahore

Postal code

54000

Approval date

2023-06-19, 1402/03/29

Ethics committee reference number

REC-UOL-119-06-2023

Health conditions studied

1

Description of health condition studied

Cervical spondylosis

ICD-10 code

M43.02

ICD-10 code description

Spondylolysis, cervical region

Primary outcomes

1

Description

Pain

Timepoint

Measurement of primary outcome before the intervention(baseline) and after intervention at 6th week

Method of measurement

Visual analogue scale

2

Description

Forward head posture

Timepoint

Measurement of primary outcome before the intervention(baseline) and after intervention at 6th week

Method of measurement

Forward head posture measured by carnio vertebral angle by Photogrammetry method

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Intervention group received shoulder dynamics exercises with cervical isometric and postural correction exercises for 6 week 4 session per week for 40 min each session in 3 sets with 10sce rest in each set. For shoulder dynamics free weight are used, dumbbell of half kg to 2 kg was used, the progression is made by increasing weight 1 week to 6 week

Category

Rehabilitation

2

Description

Control group: Received cervical isometric and postural correction exercises for 6 week 4 session per week for 40 min each session in 3 sets with 10sce rest in each set.

For shoulder dynamics free weight are used, dumbbell of half kg to 2 kg was used, the progression is made by increasing weight 1 week to 6 week

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

WAPDA Teaching Hospital

Full name of responsible person

Dr. Abid Javaid

Street address

210-Ferozpur Road Lahore

City

Lahore

Postal code

54000

Phone

+92 42 37564705

Fax

+92 42 35232285

Email

abidminhas.pt@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Lahore

Full name of responsible person

Dr. Ashafaq aAhmad

Street address

1-Km Defence Road،, near Bhuptian Chowk،, Lahore, Punjab

City

Lahore

Postal code

54000

Phone

+92 42 111 865 865

Email

ashfaq.ahmad@uipt.uol.edu.pk

Grant name

Grant code / Reference number

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

No

Title of funding source

Self

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

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Mobility Quest

Full name of responsible person

Mariam Umer Hayat

Position

Consultant

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

L 103 DHA rahber phase 2 Lahore

City

Lahore

Province

Punjab

Postal code

54000

Phone

+92 321 4437350

Email

mariamumerhayat@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Mobility QUEST

Full name of responsible person

Mariam Umer Hayat

Position

Consultant

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

L103 DHA rahber phase 2

City

Lahore

Province

Punjab

Postal code

54000

Phone

+92 321 4437350

Email

mariamumerhayat@gmai.com

Person responsible for updating data

Contact

Name of organization / entity

Mobility QUEST

Full name of responsible person
Mariam Umer Hayat

Position
Consultant

Latest degree
Master

Other areas of specialty/work
Physiotherapy

Street address
L103 DHA rahber phase 2 Lahore

City
Lahore

Province
Punjab

Postal code
54000

Phone
+92 321 4437350

Email
mariamumerhayat@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
There is no further information"

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
No - There is not a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available