

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Effects of daoyin training on pain, postural angles and quality of life in upper cross syndrome patients

Protocol summary

Study aim

To determine the effects of Daoyin training on pain, postural angles and quality of life in Upper- crossed syndrome Patients.

Design

It was a concealed, randomized, single blinded, sham controlled clinical trial with a parallel group design of 60 patients.

Settings and conduct

Study was conducted at Layyah city hospital of govt college university Faisalabad Layyah campus. The study population was consisted of patients with upper cross syndrome. The study was single blinded. The participants didn't know while they were receiving experimental or conventional treatment.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Aged between 18-45 years, both genders, satisfied the diagnostic criteria raised by Asian Fitness Society for UCS Exclusion Criteria: Patients with neurological disorders (Thoracic outlet syndrome), musculoskeletal disorder (Rotator cuff injury), Inflammatory disease (e.g. Rheumatoid arthritis), history of Spine, shoulder fractures /dislocation

Intervention groups

Participants will be randomly allocated into two groups (Group A: DT group, Group B: CT group). The participants randomly allocated in Group A will be received the Thoracic and cervical Daoyin training. Participants will execute this training after 15 minutes of TENS and heat pack. This approach requires five sessions per week for eight weeks. Group B participants will have received treatment includes of TENS, hot pack for 15 min and other body strength exercises and stretches includes shoulder roll, scapular squeeze, wall angel, overhead arm stretch, Cat cow, Knee to chest, superman, trapezius and levator scapulae stretch.

Main outcome variables

Pain (Visual Analogue Scale), Postural Angles (Forward Shoulder Angle and Forward Head Angle), Quality of life (

Short Form Survey-12)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230731058990N2**

Registration date: **2024-01-08, 1402/10/18**

Registration timing: **retrospective**

Last update: **2024-01-08, 1402/10/18**

Update count: **0**

Registration date

2024-01-08, 1402/10/18

Registrant information

Name

Kashaf Faraz

Name of organization / entity

University of Lahore

Country

Pakistan

Phone

+92 304 6541357

Email address

kashaf.fraz@uipt.uol.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-09-14, 1402/06/23

Expected recruitment end date

2023-09-29, 1402/07/07

Actual recruitment start date

2023-09-28, 1402/07/06

Actual recruitment end date

2023-10-07, 1402/07/15

Trial completion date

2023-12-01, 1402/09/10

Scientific title

Effects of daoyin training on pain, postural angles and quality of life in upper cross syndrome patients

Public title

Daoyin training effects on pain, postural angles and quality of life in upper cross syndrome

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Both gender Age is 25-45 years Their condition satisfied the diagnostic criteria raised by Asian Fitness Society for UCS

Exclusion criteria:

Patients with neurological disorders (Thoracic outlet syndrome) Patient with history of Spine, shoulder fractures /dislocation Inflammatory disease (e.g. Rheumatoid arthritis) Patients with musculoskeletal disorder (Rotator cuff injury)

Age

From **18 years** old to **45 years** old

Gender

Both

Phase

2

Groups that have been masked

- Investigator

Sample size

Target sample size: **72**

Actual sample size reached: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

participants were randomized using gold fish bowl method into two groups, control and experimental. Treatment allocation were done by using concealed envelope method. In this, sealed opaque envelopes with treatment regimen written were provided to the participants. Once a patient had consented to enter a trial room, an envelope was opened, and the patient was then offered the allocated treatment.

Blinding (investigator's opinion)

Single blinded

Blinding description

The study was single blinded. The participants did not know while they were receiving experimental or routine physical therapy treatment. and yes, intervention is similar enough for blinding participants.

Placebo

Not used

Assignment

Parallel

Other design features

Visual Analogue Scale, Neck Disability, Posture, Upper Cross Syndrome

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Research Ethics Committee (REC)

Street address

1-Km defense road Lahore, Pakistan

City

Lahore

Postal code

54000

Approval date

2023-08-28, 1402/06/06

Ethics committee reference number

REC-UOL-527-08-2023

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

Upper Cross Syndrome

ICD-10 code

R29.3

ICD-10 code description

Abnormal posture

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

Pain

Timepoint

Baseline, 4th and 8th week of treatment

Method of measurement

Visual Analogue Scale

2**Description**

Postural Angles

Timepoint

Baseline, 4th and 8th week of treatment

Method of measurement

Forward Shoulder Angle and Forward Head Angle

3**Description**

Quality of Life

Timepoint

Baseline, 4th and 8th week of treatment

Method of measurement

SF-12

Secondary outcomes

1

Description

Physical and mental health

Timepoint

Baseline, 4th and 8th week of treatment

Method of measurement

Short-Form 12

Intervention groups

1

Description

Group A received routine physical therapy which includes 15 minutes of electrical muscle stimulation with heat therapy. Hot packs will be used to deliver superficial heating. Each treatment session will be lasted 30-45 minutes. The participants randomly allocated in Group A will be received the Thoracic and cervical Daoyin training. Participants will execute this training after 15 minutes of TENS and heat pack. This approach requires five sessions per week for eight weeks. The cervical and thoracic "Daoyin" training in this study will be consisted of the five movements: (1) Dantian Gong (2) Turtle shrinking its neck (3) Roc spreading its wings (4) White goose stretching its neck (5) Tiger lying. The interval of each movement will be 30-60 s, and the duration will be 35- 40 min

Category

Rehabilitation

2

Description

Group B participants will be instructed to maintain daily activities and not partake in any further sports. Group B participants will have received treatment includes of TENS, hot pack for 15 min and other body strength exercises and stretches includes shoulder roll, scapular squeeze, wall angel, overhead arm stretch, Cat cow, Knee to chest, superman, trapezius and levator scapulae stretch.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Department of Physical Therapy, DHQ Hospital Layyah

Full name of responsible person

Dr Khurram mahmood

Street address

DHQ hospital layyah

City

Layyah

Postal code

31200

Phone

+92 304 4407035

Email

mehmokhram8@gmail.com

Web page address

<https://dhqlayyah.punjab.gov.pk/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

UOL, Lahore

Full name of responsible person

Dr Ashfaq Ahmad

Street address

1-Km defense road Lahore, Pakistan

City

Lahore

Postal code

54000

Phone

+92 344 4535304

Email

ashfaaqpt@gmail.com

Web page address

<https://uol.edu.pk/>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

UOL, Lahore

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

UOL, Lahore

Full name of responsible person

Dr Sania Naz

Position

Professor

Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

Street address

1 - KM, Defence Rd, near Bhubbattian, howk, Lahore,
Punjab

City

Lahore

Province

Punjab

Postal code

54000

Phone

+92 304 4407035

Email

sania.naz642@gmail.com

Web page address

<https://uol.edu.pk/>

Person responsible for scientific inquiries

Contact**Name of organization / entity**

UOL, Lahore

Full name of responsible person

Dr Kashaf Faraz

Position

Professor

Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

Street address

1-Km defense road Lahore, Pakistan

City

Lahore

Province

Punjab

Postal code

54000

Phone

+92 304 6541357

Email

kashaffraz@gmail.com

Web page address

<https://uol.edu.pk/>

Person responsible for updating data

Contact**Name of organization / entity**

UOL, Lahore

Full name of responsible person

Dr Iqra Islam

Position

Professor

Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

Street address

1-Km defense road Lahore, Pakistan

City

Lahore

Province

Punjab

Postal code

54000

Phone

+92 313 4260161

Email

iqrawislam@gmail.com

Web page address

<https://uol.edu.pk/>

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

Demographic data and data related to final outcome will be shared by maintaining the confidentiality

When the data will become available and for how long

data will be available from April 2024 to June 2024 after the 6 months of publication. The data sharing plan for a clinical trial (i.e., what data will be shared when and under what conditions) will be publicly available at a third-party site that shares data with and meets the data requirements of WHO's International Clinical Trials Registry Platform; this occur before the first participant is enrolled.

To whom data/document is available

Dr. Sania Naz (corresponding author) professor at UOL, lahore.

Under which criteria data/document could be used

for research purpose

From where data/document is obtainable

To the corresponding author of the study, Dr Sania Naz and can contact on +923044407035 saaniaanaz@gmail.com can visit these search engines, you can find my study easily here <https://www.researchgate.net/> <https://scholar.google.com/>

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

open-access and There is the traditional public data release where anyone can get access to the data with no registration or conditions. The request will be reviewed by Director in Charge and in case of eligibility, it would be shared in two weeks

Comments

I want randomized clinical trial registration.