Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparative Effects Of Elongation Longitudinaux Avec Decoaption Osteo Articulaire Versus Upper Thoracic Mobilization And Mobility Exercise For Treatment of Forward Head Posture

Protocol summary

Study aim

To determine comparative effectiveness of Elongation Longitudinaux Avec Decoaptation Osteo Articulaire and upper thoracic mobilization and mobility exercises for treatment of Forward head posture

Design

Study Design: Parallel Two-Group Randomized Clinical Trial Total sample size: 36 Randomization: Participants will be randomly assigned to either the ELDOA group or the upper thoracic mobilization group using a computer-generated sequence.

Settings and conduct

Controlled clinical trial was conducted at GOVT TEACHING HOSPITAL GM ABAD, Faislabad.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Both Gender, Age 20 to 40 years Patients having FHP Patients having CVA less than 50. Pain more than 3 on NPRS scale with FHP Exclusion Criteria: History of whiplash injury within 3 months of examination. History of tumor History of surgery of cervical or thoracic spine. Positive neurological signs Congenital deformity

Intervention groups

Parallel Two-Group Randomized Controlled Trial, Group A received ELDOA exercise. firstly hot pack was applied for 7-8 mins after that participants was explained specific body movements . Four ELDOA position shows to the participants was asked to make these positions and maintained each position for 1 min. .Group B received upper thoracic mobilization and mobility exercise.

Main outcome variables

primary outcome measure : Craniovertebral angle Secondary outcome measure: NDI NPRS Cervical range of motions

General information

Reason for update

Acronym

ELDOA,FHP

IRCT registration information

IRCT registration number: **IRCT20240525061892N1**
Registration date: **2024-06-22, 1403/04/02**
Registration timing: **registered_while_recruiting**

Last update: **2024-06-22, 1403/04/02**
Update count: **0**

Registration date

2024-06-22, 1403/04/02

Registrant information

Name

Faiza Khalid

Name of organization / entity

The University of Faisalabad

Country

Pakistan

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-05-15, 1403/02/26

Expected recruitment end date

2024-06-30, 1403/04/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Comparative Effects Of Elongation Longitudinaux Avec Decoaption Osteo Articulaire Versus Upper Thoracic Mobilization And Mobility Exercise For Treatment of Forward Head Posture

Public title
Comparative Effects Of ELDOA Versus Upper Thoracic Mobilization And Mobility Exercise For Treatment of FHP

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Both males and females. Age between 20 to 40 years. Patients have complained of neck pain. Patients having forward head posture. Patients having limited Cervical range of motion. Patients having Craniovertebral angle CVA less than 50. Pain more than 3 on NPRS scale with FHP.

Exclusion criteria:
History of whiplash injury within 3 months of examination. History of tumor History of surgery of cervical or thoracic spine.• Positive neurological signs• Patients having pathology and infection in spine. • Patients having severe osteoporosis Congenital deformity

Age
From **20 years** old to **40 years** old

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **36**

Randomization (investigator's opinion)
Randomized

Randomization description
participants were allocated into two groups, using lottery methods. The lottery method for randomization is a straightforward technique used in this research to ensure unbiased group assignments. To implement this method, we first defined the groups required for the study. An equal number of tickets were prepared for each group, ensuring the total number of tickets matched the number of participants. All the tickets were then placed into a container and mixed thoroughly to ensure randomness. Each participant drew a ticket from the container, and their assignment to the indicated group was recorded. This method ensures fairness and simplicity, making it suitable for small to medium-sized samples. However, it requires careful execution to avoid human error and may not be practical for very large samples. This approach maintains the integrity of randomization, which is crucial for the validity of experimental results.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Study Design: Parallel Two-Group Randomized Controlled Trial, Group A (ELDOA): Specific ELDOA exercises for FHP Group B (UpperThoracic Mobilization): Exercises targeting thoracic mobility and FHP

Secondary Ids

1

Registry name
Clinical trials.gov

Secondary trial Id
NCT06440720

Registration date
2024-05-31, 1403/03/11

Ethics committees

1

Ethics committee

Name of ethics committee
RESEARCH AND ETHICS / TECHNICAL COMMITTEE/ The University of Faisalabad

Street address
University Avenue, Faisal Town Canal Road, Faisalabad, Punjab

City
Faisalabad

Postal code
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Approval date
2024-02-17, 1402/11/28

Ethics committee reference number
TUF/DR/SA/MSPT/2024/380

Health conditions studied

1

Description of health condition studied
Forward Head Posture

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
CVA, Craniovertebral angle

Timepoint
Before intervention, 2, 4 weeks after intervention

Method of measurement
Calculated using each participant's profile photo. The

self-balanced posture assessment method was used to force the participants to maintain their typical head posture. By drawing a vertical line from Targus to the seventh cervical vertebrae and a horizontal line across them, the angle between them may be calculated to determine the CVA angle.

Secondary outcomes

1

Description
Ranges of neck movements (CROM) cervical flexion, extension, right Side bending, left Side bending, right rotation and left rotation were measured using a goniometer
Timepoint
before intervention and 2, 4 weeks after intervention
Method of measurement
using a goniometer

2

Description
The NPRS (Numeric Pain Rating Scale)
Timepoint
before intervention and 2, 4 weeks after intervention
Method of measurement
The NPRS scale, which has good reliability and validity in prior research, was utilized to measure the degree of present pain. It consists 11 points that range from 0 to 10.

3

Description
NDI (Neck Disability Index)
Timepoint
before intervention and 2, 4 weeks after intervention
Method of measurement
The Neck Disability Index (NDI) is a 10-item questionnaire designed to provide information about how neck discomfort affects an individual's capacity to carry out activities of daily living.

Intervention groups

1

Description
Intervention Group A . Group A will receive Elongation Longitudinaux Avec Decoaption Osteo Articulaire (ELDOA) exercises. At first hot pack will applied for 7-8 mins after that participants will explain specific body movements . Four ELDOA position will once show to the participants than ask them to make these positions. Once they make these positions stop watch will be set for 1 minute for each position. The positions will apply for three times per week for four week. Each session will take 20-25 mins
Category
Other

2

Description
Intervention Group B:Group B will receive Upper Thoracic Mobilization and thoracic mobility exercises. At first hot pack will applied for 7-8 mins after that, The Participant will prone position and physiotherapist will stand toward the side where mobilization will be applied. The index and middle finger of the left hand of the physiotherapist will be placed on the vertebral transverse process of the participants to the caudal side. The lateral side of the palm of right hand place over left hand index and middle finger and then applies thoracic mobilization toward ventral to caudal direction. After thoracic mobilization thoracic mobility exercise will be perform, participant will ask to put both hand on cervical spine and slowly lift his upper body, until gaining the feeling that the occipital bone pushed upward after moving the chin inward
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Faisalabad Teaching Hospital III Ghulam Muhammad Abad
Full name of responsible person
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Sponsors / Funding sources

1

Sponsor
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Web page address
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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
Sponsor: country of origin
Country of origin
PK
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
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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

IPD collected for the primary outcome measure only

When the data will become available and for how long

After the completion of Study. In October 2024

To whom data/document is available

With academic researchers.

Under which criteria data/document could be used

For only the purpose of Research

From where data/document is obtainable

physiofai@gmail.com faiza khalid

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

An email request describing the purpose of study, with complete evidence showing person doing academic research.

Comments