Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effectiveness of JANDAS approach Versus McKenzie retraction exercises on pain, disability and quality of life among chronic neck pain patients

Protocol summary

Study aim
To compare effectiveness of JANDAS Approach versus McKenzie Retraction exercises on pain, disability and quality of life among Chronic Neck Pain Patients.

Design
Randomized clinical trial

Settings and conduct
This study will be conducted at Arif Memorial Teaching Hospital, Lahore

Participants/Inclusion and exclusion criteria
Inclusion criteria: Patients, 25-40 years of age suffering from neck pain duration more than 6 months will be include in this study. Exclusion criteria: Subjects with a history of severe trauma such as fracture, congenital disorder of cervical spine, spondylolisthesis, any neck tumor, myelopathy, tendinopathy, rheumatoid arthritis or having ankylosing spondylosis will be exclude from this study

Intervention groups
There will be two intervention groups. Group A will be treated with JANDA,s approach and group B will be treated with McKenzie retraction exercises.

Main outcome variables
NPRS questionnaire will be used to check pain severity level, while NDI will be used for neck disability and SF36 questionnaire will be used for quality of life

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20221205056713N2**
Registration date: **2024-07-25, 1403/05/04**
Registration timing: **registered_while_recruiting**

Last update: **2024-07-25, 1403/05/04**
Update count: **0**

Registration date
2024-07-25, 1403/05/04

Registrant information

Name
hafiza Nida Rasheed

Name of organization / entity
Rashid Latif Medical college, Lahore

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Pakistan

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-07-23, 1403/05/02

Expected recruitment end date
2024-12-22, 1403/10/02

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effectiveness of JANDAS approach Versus McKenzie retraction exercises on pain, disability and quality of life among chronic neck pain patients

Public title
Effects of JANDA,s approach and McKenzie retraction exercise in treatment of neck pain

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patient with neck pain duration more than 6 months Age Group - 25-40 years

Exclusion criteria:

Subjects with a history of severe trauma such as fracture Congenital disorder of cervical spine. Patient who will diagnosed with Spondylolisthesis, Myelopathy and Tendinopathy, Rheumatoid Arthritis, Ankylosing Spondylosis or have tumor,

Age

From **25 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants will be randomly divided in two groups (group A group B) by using lottery method. Both groups will be given conventional physical therapy treatment. Group A patients will treated with McKenzie retraction. Group B patients will treated with the JANDAS approach. Both groups will assessed before and after the treatment.

Blinding (investigator's opinion)

Single blinded

Blinding description

The outcome assessor will not know which participant will allocated in group A or group B. so study will single blinded

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The institutional board of Rashid Latif Medical College, Lahore

Street address

35KM Ferozepur Road, Lahore.

City

Lahore

Postal code

54900

Approval date

2023-10-12, 1402/07/20

Ethics committee reference number

IRB/2023127

Health conditions studied

1

Description of health condition studied

Chronic Neck Pain

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Pain

Timepoint

Before intervention and 4 weeks after intervention

Method of measurement

The Numerical Rating Scale is an 11-point scales for self-report of pain.

2

Description

Disability

Timepoint

Before intervention and 4 weeks after intervention

Method of measurement

The NDI is a standard instrument for measuring self-rated disability due to neck pain.

3

Description

Quality of life

Timepoint

Before intervention and 4 weeks after intervention

Method of measurement

SF-36 is composed of eight multi-item scales (Physical Functioning, Role-Physical, Bodily Pain, General Health, Vitality, Social Functioning, Role-Emotional, Mental Health) to determine quality of life.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: group A will be treated with JANDAS Approach. Begin with a thorough assessment of the patient's posture and movement patterns. Assess weakness in opposing muscle groups, such as the deep neck flexors, lower trapezius, and scapular stabilizers. Identify any muscle imbalances between flexors and extensors, lateral flexors, and rotators. Prescribe specific

exercises to address identified weaknesses and imbalances. Examples may include cervical flexor endurance exercises, scapular stabilization exercises, and stretching for overactive muscles. Repeat these exercises 3 days per week for 4 weeks. Assessment of patient's symptoms will take before and after treatment.

Category

Treatment - Other

2

Description

Intervention group: Group B will be treated with McKenzie retraction exercise. Sit or stand with a straight posture, looking straight ahead. Ask patient Slowly retract your head backward, creating a double chins effect. Maintain the retracted position for a few seconds, feeling a gentle stretch at the back of your neck. Slowly return your head to the neutral position. Repeat the movement several times in a controlled manner. Repeat these exercises 3 days per week for 4 weeks. Assessment of patient's symptoms will take before and after treatment.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Arif memorial teaching hospital, Lahore

Full name of responsible person
Areej Baloch

Street address
35-KM, Ferozepur Road. Lahore.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Rashid Latif Medical college

Full name of responsible person
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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

Rashid Latif Medical college

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
Rashid Latif Medical College

Full name of responsible person
Areej Baloach

Position
Physical Therapist

Latest degree
Bachelor

Other areas of specialty/work
Physiotherapy

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Person responsible for scientific inquiries

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Latest degree
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Person responsible for updating data

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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
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available