

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 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 JANDAS 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

Country

Pakistan

Phone

+92 336 4535979

Email address

naddia.rasheed20@gmail.com

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 JANDAS 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 chin 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

Contact

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Full name of responsible person

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Position

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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

Person responsible for updating data**Contact****Name of organization / entity**

Rashid Latif Medical college

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