

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Sep 2026

The comparison between the effects of stabilization exercise and routine exercise program on patients with nonspecific chronic neck pain

Protocol summary

Summary

Introduction and objective: neck pain is the second prevalent musculoskeletal disorder after low back pain. This problem is an important cause of disability in human populations which imposes high healthy and treatment costs on societies. Previous studies show that about 67% of people experience cervical pain during their life. In spite of high prevalence of neck pain, diagnosis and treatment of the disorder is a challenging topic of many researches. The goal of the researches for treatment programs is to prevent recurrency, social problems and workless of the subjects. Exercise therapy as an effective method has been the interest of researchers. Stabilization exercise therapy for spinal disorders as a new concept has been the topic of so many studies. The objective of present study is "The assessment of stabilization exercise program and routine exercise therapy for chronic neck pain". Methods: As an easy sample, 50 patients with chronic neck pain were selected among the subjects referring to the Physiotherapy clinic of the Rehabilitation faculty of Tabriz Medical University. They randomly assign to control and experimental groups. VAS and NDI were measured using questionnaire and electromyographic parameters of neck muscles including sternocleidomastoid, splenius capitis and upper trapezius bilaterally. Intervention for control subjects will be routine exercises and for experimental group will be stabilization exercises for a ten weeks period. The variables will be measured at the end of the program.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201109137548N1**

Registration date: **2011-11-28, 1390/09/07**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2011-11-28, 1390/09/07

Registrant information

Name

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Name of organization / entity

Tabriz University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Research Deputy of Tabriz University of Medical Sciences

Expected recruitment start date

2011-10-23, 1390/08/01

Expected recruitment end date

2013-10-23, 1392/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison between the effects of stabilization exercise and routine exercise program on patients with nonspecific chronic neck pain

Public title

The effects of stabilization exercise on chronic neck pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria : Patients with mechanical nonspecific chronic neck pain
Exclusion criteria :Patients with severe neck pain (VAS>4); Patients with history of fracture or other disorders in neck and shoulder

Age

From **18 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **44**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Deputy of Tabriz University of Medical Sciences

Street address

Research Deputy, TabrizUniversity of Medical Sciences,Tabriz

City

Tabriz

Postal code

Approval date

2011-05-28, 1390/03/07

Ethics committee reference number

5/4/1811

Health conditions studied

1

Description of health condition studied

neck pain

ICD-10 code

M54.2

ICD-10 code description

cervicalgia due to intervertebral cervical disc disorder

Primary outcomes

1

Description

muscle Activity

Timepoint

Before and After

Method of measurement

EMG

Secondary outcomes

1

Description

pain and disability

Timepoint

before and after

Method of measurement

pain and disability questionnaire

Intervention groups

1

Description

Experimental group: Stabilization exercises including Spinal Stabilization exercises Routine electrotherapy will be done in both groups for 10 session.

Category

Rehabilitation

2

Description

control group:routine exercise including spinal strenghtening and endurance exercise . Routine electrotherapy will be done in both groups for 10 session

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Rehabilitation Clinic

Full name of responsible person

Street address

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person
Dr. Fariba Ghaderi

Street address
Rehabilitation Faculty

City
Tabriz

Grant name

Grant code / Reference number

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

Title of funding source
Tabriz University of Medical Sciences

Proportion provided by this source
100

Public or private sector
empty

Domestic or foreign origin
empty

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
empty

Person responsible for general inquiries

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty

Study Protocol
empty

Statistical Analysis Plan
empty

Informed Consent Form
empty

Clinical Study Report
empty

Analytic Code
empty

Data Dictionary
empty