Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The comparision 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 sternoclidomastoid , 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

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Recruitment status

Recruitment complete

Funding source

Research Deputy of Tabriz Univercity 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 comparision 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 questionaire

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
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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
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

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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