

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The comparison effects of positional release and Active release techniques on latent trigger point in upper trapezius muscle in patient.

#### Protocol summary

##### Summary

The aim of the present study was to evaluate the effectiveness of Positional Release Therapy and Active Release Therapy on Pain intensity, Pain Pressure Threshold & Countralateral Side Flexion Cervical Range of Motion in Computer User Via Latent Myofascial Trigger Point .Fourty two volunteers from Shahid Beheshti University Medical Science In Iran, with Latent Trigger Point of Upper Trapezius Muscle ,aged 19-45 years old, were participated in this study. All individuals were randomly classified into three groups. Group (A): Positional Release Technique, Group (B): Active Release Technique and Group (C) : Control with sham treatment. treatment consisted of 3 sessions of ART ,PRT& Control , applied to the over a duration of 1 weeks. The local pain intensity via visual analogous scale (VAS) and Pain pressure threshold (PPT) with algometry , Active Cervical Countralateral Flexion range of motion(CLR0M) with goniometry were measured before therapy and 5min after per therapy session and also outcome measures were evaluated and recorded one week after third session as a follow up.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016010425847N1**

Registration date: **2016-01-22, 1394/11/02**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2016-01-22, 1394/11/02

##### Registrant information

Name

Marzieh Mohammadi Kojidi

##### Name of organization / entity

Student Research Committe, School of Rehabilitation Scienses, Shahid Beheshti University of Medical

##### Country

Iran (Islamic Republic of)

##### Phone

+98 26 3435 1588

##### Email address

marzieh68\_mohammadi@sbmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for research,School of Rehabilitation ,Shahid Beheshti University of Medical Siences,Physiotherapy Research Center,Damavand St,Tehran,Iran.

##### Expected recruitment start date

2016-01-08, 1394/10/18

##### Expected recruitment end date

2016-02-07, 1394/11/18

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The comparison effects of positional release and Active release techniques on latent trigger point in upper trapezius muscle in patient.

##### Public title

The effects of manual therapies on latent trigger point in upper trapezius muscle

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria:were presence of tender spot within

taut band in the upper trapezius muscle which was painful in response to 25 Newton (N) pressures on it;19-45 years of age;pain intensity of at least 3 on a visual analogue scale (VAS);decreased cervical lateral flexion to the opposite side of the latent trigger point .  
Exclusion criteria: History of a whiplash injury;history of cervical spine surgery;diagnosis of cervical radiculopathy ;having undergone myofascial pain therapy in the past month before the study.

#### Age

From **19 years** old to **45 years** old

#### Gender

Female

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **42**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

#### Blinding (investigator's opinion)

Single blinded

#### Blinding description

#### Placebo

Not used

#### Assignment

Parallel

#### Other design features

### Secondary Ids

empty

### Ethics committees

#### 1

##### Ethics committee

###### Name of ethics committee

Ethics Committee of School of Rehabilitation Sciences, Shahid Beheshti University of Medical Science

###### Street address

School of Rehabilitation Sciences, Shahid Beheshti University of Medical Science,Damavand St,Tehran,Iran.

###### City

Tehran

###### Postal code

1616913111

##### Approval date

2015-10-18, 1394/07/26

##### Ethics committee reference number

IR.SBMU.RAM.REC.1394.310

### Health conditions studied

#### 1

##### Description of health condition studied

Myofascial trigger point

##### ICD-10 code

M62.9

##### ICD-10 code description

Disorder of muscle, unspecified

### Primary outcomes

#### 1

##### Description

Cervical Contralateral range of motion(CROM)

##### Timepoint

Before pre treatment,After 1,2,3 session,After follow up

##### Method of measurement

CROM via Goniometer(degree)

#### 2

##### Description

Pain pressure threshold (PPT)

##### Timepoint

Before pre treatment,After 1,2,3 session, After follow up

##### Method of measurement

PPT via algometry(kilogram / (cm)2 )

#### 3

##### Description

Pain intensity visual analogous scale (VAS)

##### Timepoint

Before pre treatment,After 1,2,3 session, After follow up

##### Method of measurement

VAS via 10 centimeter line that patients shows her/his pain intensity with numerical

### Secondary outcomes

empty

### Intervention groups

#### 1

##### Description

Positional release technique :In this group patients treat with Positional release technique on trigger point of Upper trapezius muscle with 3 sessions therapy in during one week.

##### Category

Treatment - Other

#### 2

##### Description

Active release therapy: In this group patients treat with Active release therapy on trigger point of Upper trapezius muscle with three sessions therapy induring one week. interval

##### Category

Treatment - Other

**3**

### Description

Control: in this group patients treat an algometer (model 5020) with out any hand pressure on trigger point of Upper trapezius muscle e with three sessions therapy induring one week.

### Category

Treatment - Other

## Recruitment centers

**1**

### Recruitment center

#### Name of recruitment center

Clinic of Physiotherapy,School of Rehabilitation Scienses, Shahid Beheshti University of Medical Sci

#### Full name of responsible person

Marzieh Mohammadi Kojidi

#### Street address

School of Rehabilitation Scienses, Shahid Beheshti University of Medical Sciences,Damavand St,Tehran,Iran.

#### City

Tehran

## Sponsors / Funding sources

**1**

### Sponsor

#### Name of organization / entity

School of RehabilitationScienses,Shahid Behesti University Of Medical Sciences,Physiotherapy Researc

#### Full name of responsible person

Farshad Okhovatian

#### Street address

School of Rehabilitation Scienses, Shahid Beheshti University of Medical Sciences,Physiotherapy Reaserch Center,Damavand St,Tehran,Iran.

#### City

Tehran

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

School of RehabilitationScienses,Shahid Behesti University Of Medical Sciences,Physiotherapy Researc

#### 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

#### Name of organization / entity

Student Research Commitee,School of Rehabilitation Scienses,Shahid Beheshti UNIVERSITY of Medical Scie

#### Full name of responsible person

Marzieh Mohammadi Kojidi

#### Position

Master of Science Physiotherapy Candidate.

#### Other areas of specialty/work

#### Street address

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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#### Full name of responsible person

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#### Position

MSc. PT Candidate

**Other areas of specialty/work**

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Marzieh68mohammadi@gmail.com

**Web page address**

**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*