# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

22 Nov 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(CLROM) 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

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Iran (Islamic Republic of)

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**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 Scienses, Shahid Beheshti University of Medical Science

**Street address**
School of Rehabilitation Scienses, 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 algometery(kilogeram /(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 patiens shows her/his pain entensity 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
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**City**
Tehran

## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
School of RehabilitationSciences,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 RehabilitationSciences,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**
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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**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*