Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of adding Temporomandibular joint manual therapy to routine physiotherapy on the improvement of patients with non-specific chronic neck pain

Protocol summary

Summary

The aim of this study is to evaluate the effect of adding Temporomandibular joint manual therapy to routine physiotherapy on the improvement of patients with non-specific chronic neck pain. This is an experimental study and interventional clinical trial that is randomized, parallel and double-blind. For inclusion, people with non-specific chronic neck pain, which they are also suffering from the Temporomandibular joint disorders have to be present. In this case, there are pain and limitations in range of motion of the Temporomandibular joint and pain and tenderness in at least two related muscles. Patients with neurological disorders, absence of pain in the Temporomandibular joint, malignancy and infection and acute muscle trauma were excluded. The number of 20 was determined for each group. Initially, patients will randomly divided into two groups: group A (They will receive routine physiotherapy treatments for neck pain) and group B (They will receive Temporomandibular joint manual therapy in addition to routine physiotherapy treatments for neck pain). Then both groups will receive their treatments in six sessions for two days a week over a period of 21 days. In order to evaluate the effects of intervention, we will use the visual analogue scale of pain, neck disability index and the range of motion of neck without pain. The assessments for all patients will take place at the first session, at the last session and one month after treatment as follow-up.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017012732221N1**
Registration date: **2017-02-13, 1395/11/25**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2017-02-13, 1395/11/25

Registrant information

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Recruitment status

Recruitment complete

Funding source

University of Social Welfare and Rehabilitation Sciences

Expected recruitment start date

2017-01-03, 1395/10/14

Expected recruitment end date

2017-02-16, 1395/11/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of adding Temporomandibular joint manual therapy to routine physiotherapy on the improvement of patients with non-specific chronic neck pain

Public title

The effect of Temporomandibular joint manual therapy on the improvement of patients with non-specific chronic neck pain

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria: People with non-specific chronic neck pain, which they are also suffering from the Temporomandibular joint disorders. In this case, there are the pain and limitations in range of motion of the Temporomandibular joint and pain and tenderness in at least two related muscles. Exclusion criteria: Neurological disorders; Absence of pain in the Temporomandibular joint; Malignancy and infection; Acute muscle trauma

Age
From **18 years** old to **55 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
The University of Social Welfare and Rehabilitation Sciences (USWRS)

Street address
kodakyar Ave., Daneshjo Blvd.,Evin

City
Tehran

Postal code
1985713834

Approval date
2017-01-02, 1395/10/13

Ethics committee reference number
IR.uswr.rec.1395.355

Health conditions studied

1

Description of health condition studied
Temporomandibular joint disorders

ICD-10 code
K07.6

ICD-10 code description
Temporomandibular joint disorders

2

Description of health condition studied
non-specific chronic neck pain

ICD-10 code
R52.2

ICD-10 code description
Other chronic pain

Primary outcomes

1

Description
Neck disability index (NDI)

Timepoint
At the first session, at the last session and one month after

Method of measurement
Neck disability index (NDI)

2

Description
The pain

Timepoint
At the first session, at the last session and one month after

Method of measurement
Visual Analogue Scale(VAS)

3

Description
The range of motion of neck flexion

Timepoint
At the first session, at the last session and one month after

Method of measurement
Goniometer

4

Description
The range of motion of neck extention

Timepoint
At the first session, at the last session and one month after

Method of measurement
Goniometer

5

Description
The range of motion of neck side bending
Timepoint
At the first session, at the last session and one month after
Method of measurement
Goniometer

6

Description
The range of motion of neck rotation
Timepoint
At the first session, at the last session and one month after
Method of measurement
Goniometer

Secondary outcomes

1

Description
General questionnaire
Timepoint
At the first assessment session
Method of measurement
questionnaire

Intervention groups

1

Description
Common physical therapy treatment interventions for neck pain, which is the same for both groups, include the following: Soft tissue release, muscle energy techniques and exercise therapy
Category
Rehabilitation

2

Description
In the intervention group, manual therapy of the temporomandibular joint includes the following: Muscle energy techniques, mobilization and tongue movements and related training in the TMJ
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
University of Social Welfare and Rehabilitation Sciences
Full name of responsible person
Street address
kodakyar Ave., daneshjo Blvd.,Evin, Tehran, Iran
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
The University of Social Welfare and Rehabilitation Sciences (USWRS)
Full name of responsible person
Negar Akhavan
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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
The University of Social Welfare and Rehabilitation Sciences (USWRS)
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