Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

COMPARATIVE EFFECTIVENESS OF ROUTINE PHYSICAL THERAPY WITH AND WITHOUT INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION IN PATIENTS WITH NECK PAIN DUE TO UPPER CROSSED SYNDROME

Protocol summary

Study aim

To determine the effectiveness of routine physical therapy with and without IASTM technique on pain intensity, range of motion and neck pain disability index in patients with neck pain due to upper crossed syndrome.

Design

Randomized Clinical Trail

Settings and conduct

The data will be collected from Physiotherapy Clinics, The Agile Institute of rehabilitation Sciences(AIRS) and National Orthopedic Hospital Bahawalpur.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: • Diagnosed patients complaining neck pain with forwarded head posture • Both Females and Males in age of 18-40 • Chronic Neck pain from at least 3 months • Neck pain Scoring More than 3 on Visual Analogue Scale Exclusion Criteria Patients with history of • Any previous surgery • Any type of Infection • Any type of Hypersensitive Skin • Diabetes Mellitus type II • Any type of Traumatic Injury • Any type of Psychological Disorder • Manual therapy contraindicated like osteoporosis, infection, disc-Herniation, neoplasm • Osteomyelitis, Ulcers, open wound including all in which IASTM is contraindicated • Rheumatoid Arthritis • Acute Inflammation • Burn Scars • Osteoporosis • Unhealed , closed and non complicated fractures

Intervention groups

Group-A Routine Physical Therapy (RPT) Group-B Experimental Group(IASTM)

Main outcome variables

Pain Cervical Range of Motion Neck Disability Index(Functional Assessment Tool)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190912044754N1**
Registration date: **2020-01-19, 1398/10/29**
Registration timing: **prospective**

Last update: **2020-01-19, 1398/10/29**
Update count: **0**

Registration date

2020-01-19, 1398/10/29

Registrant information

Name

Tahir Mahmood

Name of organization / entity

Agile Insitute of Rehabilitation Sciences ,Bahawalpur

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Pakistan

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Recruitment status

Not yet recruiting

Funding source

Expected recruitment start date

2640-12-11, 2019/09/20

Expected recruitment end date

2641-04-09, 2020/01/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

COMPARATIVE EFFECTIVENESS OF ROUTINE PHYSICAL THERAPY WITH AND WITHOUT INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION IN PATIENTS WITH NECK PAIN DUE TO UPPER CROSSED SYNDROME

Public title

COMPARATIVE EFFECTIVENESS OF ROUTINE PHYSICAL THERAPY WITH AND WITHOUT INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION IN PATIENTS WITH NECK PAIN DUE TO UPPER CROSSED SYNDROME

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Diagnosed patients complaining neck pain with forwarded head posture, Both Females and Males in age of 18-40, Chronic Neck pain from at least 3 months, Neck pain Scoring More than 3 on Visual Analogue Scale Limited Cervical ROM

Exclusion criteria:

Patients with history of• Any previous surgery Any type of Infection Any type of Hypersensitive Skin Diabetes Mellitus type II Any type Traumatic Injury Any type Psychological Disorder Manual therapy contraindicated like osteoporosis, infection, disc-Herniation, neoplasm• Rheumatoid Arthritis Acute Inflammation Burn Scars Osteoporosis Unhealed , closed and non complicated fractures Osteomyelitis, Ulcers, open wound including all in which IASTM is contraindicated

Age

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

Gender

Both

Phase

0

Groups that have been masked

- Investigator

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

The subjects fulfilling the inclusion criteria will be enrolled after independent outcome assessor .Then coin toss method is being used for randomization .The coin thrown in air having two sides with label "A" and "B". The subjects randomization method reduces the chances of bias group allocation .

Blinding (investigator's opinion)

Single blinded

Blinding description

It will be single blind and assessor will be blind .All assessments before and after the intervention will be done by Independent assessor and only eligible subjects will be enrolled . Neck Range of Motion ,Neck disability Index and Pain will be measured .Then subjects will be kept confidential and only it will be given after the assessor has completed an assessment at baseline , after 02 weeks and 04 weeks

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of The University of Lahore "Institutional Review Board"

Street address

defence road campus,new campus ,The University of Lahore

City

Lahore

Postal code

54000

Approval date

2640-11-20, 2019/08/29

Ethics committee reference number

IRB-UOL-FAHS/670/2019

Health conditions studied

1

Description of health condition studied

Upper Crossed Syndrome

ICD-10 code

R29.3

ICD-10 code description

Abnormal posture

Primary outcomes

1

Description

Pain Intensity

Timepoint

on baseline ,then after 2 weeks and then after weeks

Method of measurement

Numeric Pain Rating Scale

2

Description

Neck range of Motion

Timepoint

On baseline ,then after 2 weeks and then after weeks

Method of measurement

Inclinometer

3

Description

Neck Disability Index

Timepoint

On baseline ,then after 2 weeks and then after weeks

Method of measurement

Neck disability Index Tool

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Instrument Assisted Soft Tissue Mobilization

Category

Rehabilitation

2

Description

Routine Physical Therapy : Routine physical Therapy exercise

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Agile Rehabilitation Center

Full name of responsible person

Muhammad Hafeez

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Noor Mahal Road Bahawalpur

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Same as Adress

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Email

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Web page address

https://airs.edu.pk/

2

Recruitment center

Name of recruitment center

National Orthopedic Hospital

Full name of responsible person

Muhammad Tariq Malik

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Near Raja Pump Bhawalpur

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Web page address

https://health.hamariweb.com/bahawalpur/hospitals/national-orthopadic-hospital_hos3904

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Lahore

Full name of responsible person

Dr Waqar Afzal PT

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waqarafazal621@gmail.com

Web page address

https://www.uol.www.uol.edu.pk

Grant name

Student

Grant code / Reference number

NA

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

No

Title of funding source

Academic support Only

Proportion provided by this source

20

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Agile Institute of Rehabilitation Sciences

Full name of responsible person
Tahir Mahmood
Position
Lecturer/Physiotherapist
Latest degree
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Other areas of specialty/work
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available
Title and more details about the data/document
Effectiveness of routine physical therapy with and without IASTM in patients with neck pain due to upper crossed syndrome Instrument Assisted Soft Tissue Mobilization Technique for Upper crossed Syndrome
When the data will become available and for how long
It will be available after study completion
To whom data/document is available
To researchers for study only.Patient data will not be shown .
Under which criteria data/document could be used
under the usage with terms in which journal is accessed /processed for publication
From where data/document is obtainable
from the University office and Responsible supervisor and from journal we will process in future

What processes are involved for a request to access data/document

It will be only used in confidential way for improving research and benefit of humanity

Comments

It will be first study of such type in pakistan using Soft Tissue mobilization technique which is instrument assisted that is the only reason study has a motivational factor and researchers are waiting for its results .