Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The Effect of Sustained Natural Apophyseal Glide with and Without Neurodynamics in the Management of Patient with Cervical Radiculopathy

Protocol summary

Study aim

• To identify the Effect of Sustained Natural Apophyseal Glide With And Without Neurodynamics In The Management Of Patient With Cervical Radiculopathy.

Design

Interventional study Randomized Clinical Trial Non propability convience sampling techenique

Settings and conduct

Sample size will be 44 individuals (22 each group) Conducted in time duration of 6 months

Participants/Inclusion and exclusion criteria

Inclusion Criteria 1. Patients having Age 22-40 years 2. Both genders 3. Patient availability and cooperation during treatment 4. Patients with positive result of following tests:Spurling test,ULNT-1,neck distraction and ipsilateral cervical rotation test. Exclusion Criteria 1. Patients having negative one of the following tests:Spurling test,ULNT-1,neck distraction and ipsilateral cervical rotation test. 2. Patients with accessory Systemic Musculoskeletal Dysfunction 3. Patients having symptoms of Vertebral Artery Insufficiency. 4. Patients not willing to participate or to follow up treatment plan.

Intervention groups

There will be two groups of equal number of individuals diagnosed with cervical radiculopathy after confirmation of Manual tests. Group A Control group will receive Sustained Natural Apophyseal Glide only. Patients in this group will receive a baseline treatment that is heating pad for 15 minutes before the treatment. Group B. This group will receive Sustained Natural Apophyseal Glide along with Neurodynamics. Patients in this group will receive a baseline treatment that is heating pad for 15 minutes before the treatment.

Main outcome variables

Correcting Cervical Radiculopathy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191023045218N1**
Registration date: **2020-01-04, 1398/10/14**
Registration timing: **prospective**

Last update: **2020-01-04, 1398/10/14**
Update count: **0**

Registration date

2020-01-04, 1398/10/14

Registrant information

Name
Shehnila Shoukat
Name of organization / entity
Riphah international University
Country
Pakistan
Phone
+92 454 710161
Email address
shehnila.499@gmail.com

Recruitment status

Not yet recruiting

Funding source

Expected recruitment start date

2640-09-23, 2019/07/01

Expected recruitment end date

2640-11-22, 2019/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The Effect of Sustained Natural Apophyseal Glide with and Without Neurodynamics in the Management of Patient with Cervical Radiculopathy

Public title
Management of Patient with Cervical Radiculopathy

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Patients having Age 22-40 years Both genders Patients with positive result of following tests:Spurling test,ULNT-1,neck distraction and ipsilateral cervical rotation test. Patient availability and cooperation during treatment

Exclusion criteria:
Patients having negative one of the following tests:Spurling test,ULNT-1,neck distraction and ipsilateral cervical rotation test. Patients with accessory Systemic Musculoskeletal Dysfunction Patients having symptoms of Vertebral Artery Insufficiency. Patients not willing to participate or to follow up treatment plan.

Age
From **22 years** old to **40 years** old

Gender
Both

Phase
1

Groups that have been masked

- Outcome assessor

Sample size
Target sample size: **44**

Randomization (investigator's opinion)
Randomized

Randomization description
Simple method, individual unit of randomization, table of random numbers, allocation with concealment, Non-Probability Convenience Sampling

Blinding (investigator's opinion)
Single blinded

Blinding description
Patients were blinded as they don't know their respected group, therapist who gave treatment and assess the outcome was blinded.

Placebo
Not used

Assignment
Parallel

Other design features
44 number of individuals divided in 2 equal groups of 22 individuals.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethic Committee of Riphah college of Rehablitation Sciences

Street address
House No.4292,Street No.2,MohaAllah Ali Pura Khushab

City
Khushab

Postal code
41000

Approval date
2640-09-29, 2019/07/07

Ethics committee reference number
RCRS-RE-MS-OMPT/Spring 19/023

Health conditions studied

1

Description of health condition studied
Cervical radiculopathy (CR) is a pathological condition of the cervical nerve root (CNR) that may lead to chronic pain and disability.Cervical radiculopathy is known to be a neurological problem with its associated symptoms like pain, numbness, muscle weakness and diminished reflexes in one or both upper extremities and if prolongs these symptoms lead to headache, functional impairment, activity limitation and difficulty to return to work. Other leading causes of CR are cervical disc hernia ion with and without formation of spur and cervical spondylosis accompanied by inflammation and nerve compression due to dehydration and eventually collapsing of cervical discs.

ICD-10 code
M50.10

ICD-10 code description
Cervical disc disorder with radiculopathy, unspecified cervical region

Primary outcomes

1

Description
Correcting Cervical Radiculopathy

Timepoint
6 months

Method of measurement
Data collection tools

Secondary outcomes

empty

Intervention groups

1

Description
Control group: Control group will receive Sustained Natural Apophyseal Glide only. Patients in this group will receive a baseline treatment that is heating pad for 15 minutes before the treatment.
Category
Rehabilitation

2

Description
Intervention group: This group will receive Sustained Natural Apophyseal Glide along with Neurodynamics. Patients in this group will receive a baseline treatment that is heating pad for 15 minutes before the treatment.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Tehsil Headquarter (THQ) hospital khushab
Full name of responsible person
Shehnila shoukat
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Riphah international University
Full name of responsible person
Shehnila Shoukat
Street address
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Self
Proportion provided by this source
100
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
Other

Person responsible for general inquiries

Contact
Name of organization / entity
Riphah international University
Full name of responsible person
Shehnila Shoukat
Position
Student
Latest degree
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Other areas of specialty/work
Physiotherapy
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
The Effect of Sustained Natural Apophyseal Glide with and Without Neurodynamics in the Management of Patient with Cervical Radiculopathy
When the data will become available and for how long
Within 2 months
To whom data/document is available
Online
Under which criteria data/document could be used
By email
From where data/document is obtainable
Tehsil Headquarter (THQ) hospital Khushab
What processes are involved for a request to access data/document
E mail
Comments