Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects Of Muscle Energy Technique And Static Stretching Of Piriformis And Iliopsoas In Females With Coccydynia

Protocol summary

Study aim
To find the effects of muscle energy technique and static stretching of piriformis and iliopsoas in reducing pain and improvement in pain free sitting in patients with coccydynia.

Design
Two parallel group , single blinded, randomized clinical trial with pre and post assessment

Settings and conduct
Al-Khumeinie Trust hospital, lahore, Investigator will be blinded.

Participants/Inclusion and exclusion criteria
Inclusion criteria • Age group of 18 to 40 years • Pain on palpation at coccyx region. • Unable to sit pain free. Exclusion criteria • Pregnancy • History of recent trauma/fall or fracture • Vaginitis, cystitis, salpinities. Urinary tract infections, • Red flags like: fever, night sweats, malaise etc. • Rectal abscess • Patients with cysts or tumor in lumber area and pelvic • Previous surgical interventions involving lumbar spine and pelvic region

Intervention groups
Muscle energy technique of (METs) of Piriformis and iliopsoas. Static stretching of Piriformis and iliopsoas.

Main outcome variables
Pain by NPRS Daily and work-leisure activities, anxiety-depression, and social interest of the patients' lives by Dallas Pain Questionnaire (DPQ)

General information

Reason for update
After getting approval, patient recruitment was started so the proposed dates and actual recruitments dates were different.

Acronym
EMETSTPIIFC

IRCT registration information
IRCT registration number: **IRCT20191117045462N1**
Registration date: **2020-01-10, 1398/10/20**
Registration timing: **prospective**

Last update: **2020-11-18, 1399/08/28**
Update count: **1**

Registration date
2020-01-10, 1398/10/20

Registrant information

Name
Wajeeha Zia

Name of organization / entity
Riphah International University

Country
Pakistan

Phone
+92 42 35126110

Email address
wajeeha_z@yahoo.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-11-27, 1398/09/06

Expected recruitment end date
2020-02-26, 1398/12/07

Actual recruitment start date
2020-01-20, 1398/10/30

Actual recruitment end date
2020-04-20, 1399/02/01

Trial completion date
2020-04-20, 1399/02/01

Scientific title
Effects Of Muscle Energy Technique And Static Stretching Of Piriformis And Iliopsoas In Females With Coccydynia

Public title
Effects Of Muscle Energy Technique And Static Stretching

Of Piriformis And Iliopsoas In Females With Coccydynia

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Pain on palpation at coccyx region.• Unable to sit pain free.

Exclusion criteria:

Pregnancy History of recent trauma/fall or fracture• Vaginitis, cystitis, salpinities. Urinary tract infections, Red flags like: fever, night sweats, malaise etc Rectal abscess• Patients with cysts or tumor in lumber area and pelvic• Previous surgical interventions involving lumbar spine and pelvic region

Age

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

Gender

Female

Phase

1

Groups that have been masked

- Investigator

Sample size

Target sample size: **52**

Actual sample size reached: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients will be recruited in the study through convenient sampling technique and then will be randomly assigned to each group according to consort guideline 2010. Written informed consent will be taken. After enrollment into study, patient will be allocated either to group A or Group B by lottery method. No. of Chits will be equal to total sample size, odd Numbers will be allocated to Group A and even number will be allocated to Group B. Each patients will be requested to draw a chit from the box and after that patient will be recruited into either Group A or Group B.

Blinding (investigator's opinion)

Single blinded

Blinding description

Investigator will be blind.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Riphah college of rehabilitation & Allied Health Sciences

Street address

13-14-C-civic center, township near Hamdard Chowk, Lahore

City

Lahore

Postal code

54000

Approval date

2019-07-16, 1398/04/25

Ethics committee reference number

RCR&AHS/REC/MS-OMPT/S19/003

Health conditions studied

1

Description of health condition studied

Sacrococcygeal disorders

ICD-10 code

M53.3

ICD-10 code description

Sacrococcygeal disorders, not elsewhere classified

Primary outcomes

1

Description

Pain

Timepoint

Pre- Post treatment

Method of measurement

Numeric Pain Rating Scale (NPRS)

2

Description

Daily and work-leisure activities, anxiety-depression, and social interest of the patients' lives

Timepoint

Pre- Post treatment

Method of measurement

Dallas Pain Questionnaire (DPQ)

Secondary outcomes

1

Description

Pain free sitting duration

Timepoint

Pre-Post Treatment

Method of measurement

Duration with time watch

Intervention groups

1

Description

Intervention group: Muscle energy technique of (METs) of Piriformis and iliopsoas.

Category

Treatment - Other

2

Description

Intervention group: Static stretching of Piriformis and iliopsoas.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Riphah college of rehabilitation & Allied Health Sciences

Full name of responsible person

Wajeeha

Street address

13-14-C-civic center, township near Hamdard Chowk, Lahore

City

Lahore

Postal code

54000

Phone

+92 42 35126110

Email

wajeeha_z@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah International University

Full name of responsible person

Muhammad Salman Bashir

Street address

28-M,Quaid-e Azam, Industrial Estate kot Lakhpat, Lahore

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Phone

+92 42 35126110

Email

chistisalman@yahoo.com

Grant name

Educational

Grant code / Reference number

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

Yes

Title of funding source

Riphah International University

Proportion provided by this source

15

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

University of South Asia

Full name of responsible person

Wajeeha

Position

Senior Lecturer

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Province

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Phone

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Riphah International University

Full name of responsible person

Muhammad Salman Bashir

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Rehabilitation and research

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Person responsible for updating data

Contact
Name of organization / entity
University of South asia, cantt lahore
Full name of responsible person
Wajeeha
Position
Assistant professor
Latest degree
Master
Other areas of specialty/work
Physiotherapy
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
There is no further information
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
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