Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparison of Trigger Point Dry Needling and Thera Press Tool in Myofascial Neck Pain.

Protocol summary

Study aim
To compare the effect of trigger point Dry needling and Thera Press tool in treating myofascial neck pain, range of motion and pain pressure threshold.

Design
two groups,single blinded randomized controlled trial

Settings and conduct
Revive Spine & Pain Relief PT Clinic Max Rehab

Participants/Inclusion and exclusion criteria
inclusion: 1. Age 27 to 50 years 2. Both gender (Male &Females) 3. Male and females having neck pain . 4. Patients having trigger points (Active/latent) diagnosed by Simons and travell criteria exclusion: 1. Any surgical and traumatic condition. 2. Any neurological symptom and sign (partial or complete loss of sensation, seizures, poor cognitive ability). 3. Cervical radiculopathy (inflamed/damaged nerve root due to bone spur or cervical herniated disc). 4. Any systemic disease (rheumatoid arthritis, tumors, infections).

Intervention groups
intervention group A dry needling technique intervention group B manual pressure technique with thera press tool

Main outcome variables
Pain,Function, Range of Motion,Pain Pressure Threshold

General information

Reason for update

Acronym
DNMPTMTrPsNPRSNDIPPTLTR

IRCT registration information
IRCT registration number: **IRCT20200219046547N1**
Registration date: **2020-06-30, 1399/04/10**
Registration timing: **registered_while_recruiting**

Last update: **2020-06-30, 1399/04/10**
Update count: **0**

Registration date
2020-06-30, 1399/04/10

Registrant information

Name
Fatima Majeed

Name of organization / entity
Riphah international university Lahore

Country
Pakistan

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+92 42 32185426

Email address
drfatimach@outlook.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-04-01, 1399/01/13

Expected recruitment end date
2020-09-30, 1399/07/09

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparison of Trigger Point Dry Needling and Thera Press Tool in Myofascial Neck Pain.

Public title
Comparison of Trigger Point Dry Needling and Thera Press Tool in Myofascial Neck Pain.

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Age 27 to 50 years both genders(Male/Females) Male and females having neck pain Patients having trigger

points (Active/Latent)diagnosed by simons and travell criteria

Exclusion criteria:

1. Any surgical and traumatic condition. Ant neurological symptoms and sign(partial or complete loss of sensation,seizures,poor cognitive ability. Cervical radiculopathy (inflamed/damaged nerve root due to bone spur or cervical herniated disc) Any systemic disease (rheumatoid arthritis, tumors, infections).

Age

From **27 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

written informed consent will be taken .After enrollment into study, the subjects will be divided into subgroups called blocks, then subjects within each block will randomly assigned into treatment group A or group B by block randomization method.

Blinding (investigator's opinion)

Single blinded

Blinding description

Outcome Assessor will be blinded by labeling the participants with different codes.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Secretary ethical review committee, Riphah College of Rehabilitation and Allied health Sciences

Street address

28-M, Quaid-e-Azam Industrial Estate, Kot Lakhpat, Lahore.

City

Lahore

Postal code

54000

Approval date

2020-02-08, 1398/11/19

Ethics committee reference number

1033

Health conditions studied

1

Description of health condition studied

myofascial Neck pain

ICD-10 code

M54.2

ICD-10 code description

Myofascial pain syndrome of Neck/cervicalgia

Primary outcomes

1

Description

Pain

Timepoint

baseline, after 3rd treatment session and after 6th treatment session

Method of measurement

Numeric Pain Rating Scale

2

Description

range of motion

Timepoint

baseline, after 3rd treatment session and after 6th treatment session

Method of measurement

Goniometer

Secondary outcomes

1

Description

function

Timepoint

baseline, after 3rd treatment session and after 6th treatment session

Method of measurement

Neck disability index

2

Description

pain pressure thershold

Timepoint

baseline, after 3rd treatment session and after 6th treatment session

Method of measurement

Algometer

Intervention groups

1

Description
Intervention group: group A dry needling
Category
Treatment - Other

2

Description
Intervention group: group B manual pressure technique with thera press tool
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Revive Spine & Pain Relief PT Clinic
Full name of responsible person
Fatima Majeed
Street address
4C,GCP Shoukat Khanum Society Lahore
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54000
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+92 42 32184747
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Drfatimach@outlook.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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Postal code
54000
Phone
+92 42 35126110
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chistisalman@yahoo.com
Grant name
Educational
Grant code / Reference number
1033
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
Public
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
Riphah international university Lahore
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Fatima Majeed
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student
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be 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
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