Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of the effect of manipulative techniques and exercise therapy on pain and function in patients with Sacroiliac joint dysfunction

Protocol summary

Summary

Our study compares the effect of exercise therapy and manipulation in Sacroiliac dysfunction. The patients will be divided in three groups randomly by the table of random numbers. One group will take manipulative techniques and exercise therapy. These patients will do exercises protocol for 3 months after taking manipulation techniques twice at the first session. The second group will take only two manipulative techniques and the patients will do self-mobilization techniques for 3 months daily. The third group will do only exercise for three months. All of the patients will be visited once a week for 3 months. The patients can use 100 mg Diclofenac a day if they have VAS > 5. The patients will be followed in 6, 12, 24 weeks after initiation of treatment. Severity of pain will be evaluated by Visual Analog Scale (VAS). Disability will be evaluated by ODI and Roland Morris Questionnaires and functional tests before and after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201412144409N4**
Registration date: **2015-02-01, 1393/11/12**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-02-01, 1393/11/12

Registrant information

Name

Parisa Nejati

Name of organization / entity

Iran University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2015-01-30, 1393/11/10

Expected recruitment end date

2015-10-23, 1394/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of manipulative techniques and exercise therapy on pain and function in patients with Sacroiliac joint dysfunction

Public title

Exercise therapy and manipulation in sacroiliac dysfunction

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age older than 20, low back pain or buttock pain at least for 3 months, no surgery in spine or pelvis in last year, not pregnant, at least 3 positive tests of following tests: Standing forward bending Test, Faber Test, Gilet Test, Yeoman Test, Ganselen Test, no severe osteoporosis or bone fracture, no radicular pain to below the knee, not using physical modalities in low back or buttock in last month, not using corticosteroid injection

in sacroiliac joint in last month, no sacroileitis or sacroiliac joint infection. Exclusion criteria: Exacerbation of pain that need a different therapeutic approach

Age
From **20 years** old to **100 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Iran University of Medical Sciences

Street address
Vice chancellor for research, second floor, medicine faculty, Iran University of Medical Sciences, next to Milad tower, Hemmat highway

City
Tehran

Postal code

Approval date
2014-09-09, 1393/06/18

Ethics committee reference number
93-02-30-24400-103949

Health conditions studied

1

Description of health condition studied
Low back pain / Sacroiliac joint dysfunction

ICD-10 code
M-53.3 , M

ICD-10 code description
Sacrococcygeal disorders, not elsewhere classified low back pain

Primary outcomes

1

Description
Pain

Timepoint
Before intervention, 6 , 12 and 24 weeks after intervention

Method of measurement
visual analog scale

2

Description
function and ability

Timepoint
before intervention, 6 , 12 and 24 weeks after intervention

Method of measurement
Rollandmorris, ODI questionnaires

Secondary outcomes

1

Description
function

Timepoint
before intervention , 12, 24 weeks after intervention

Method of measurement
timed up and go test , Self-paced walk test

Intervention groups

1

Description
After two techniques of manipulation, stretching exercises and core exercises and self- mobilization techniques will be educated to patient. They will do each exercise 3 times a day and repeat each exercise 5 times that long 20 seconds.

Category
Rehabilitation

2

Description
Second group take 2 techniques of manipulation. The patients will do self mobilization techniques 3 times a day without extra exercises for 3 months.

Category
Rehabilitation

3

Description
Third group take exercise without manipulation. They will do sacroiliac stretching exercises, core exercises, self mobilization exercises 3 times a day for 3 months. Each exercises longs for 20 seconds.

Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Rasool Akram hospital
Full name of responsible person
Parisa Nejati, Assistant professor of sports medicine
Street address
Sports medicine department, Eight floor, Rasool Akram hospital, Niyayesh street, Satarkhan street
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Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Iran University of Medical Sciences, Vice chancellor for research
Full name of responsible person
Dr Seyed Ali Javad Mousavi
Street address
Vice chancellor for research, fifth floor, central building, Iran University of Medical Sciences, next to Millad tower, Hemmat highway
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Iran University of Medical Sciences, Vice chancellor for research
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

Contact
Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
Parisa Nejati
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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