

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jun 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

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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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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

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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

Position

Assistant professor of sports medicine

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Web page address**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