

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### “Effects of muscle energy technique with and without functional task training on pain and disability in sacroiliac joint dysfunction”

#### Protocol summary

##### Study aim

To determine the effects of muscle energy technique with and without functional task training on pain and disability in sacroiliac joint dysfunction.

##### Design

The study will be randomized clinical trial

##### Settings and conduct

- Boston physiotherapy and wellness clinic, lahore • Fatima Memorial Hospital Shadman Lahore.

##### Participants/Inclusion and exclusion criteria

Total forty 40 patients will be recruited in the study. The subjects will be randomly assigned to two groups A & B with each containing 20 subjects according to their number in computer generated table. **INCLUSION CRITERIA:** 1. Subjects between 18 to 35 year of age 2. Subjects with history of recurrent LBP . 3. At least three out of five tests must be positive. 4. Pain at the fortin area **EXCLUSION CRITERIA:** 1. Patients with radiating pain past the knee. 2. Lumbar disc herniation 3. Spinal deformities 4. Any spinal surgery history

##### Intervention groups

Total forty subjects will be recruited which will be divided into two groups. Group A will be treated with muscle energy technique (METs) while Group B will receive functional task training along with METs.

##### Main outcome variables

Pain(Numeric Pain Rating Scale.) Function(Modified Oswestry disability index) .

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20191009045045N1**

Registration date: **2020-05-23, 1399/03/03**

Registration timing: **prospective**

Last update: **2020-05-23, 1399/03/03**

Update count: **0**

##### Registration date

2020-05-23, 1399/03/03

##### Registrant information

###### Name

SUMAIRA PERVEEN

###### Name of organization / entity

Riphah international university ,Lahore

###### Country

Pakistan

###### Phone

+92 42 27577009

###### Email address

sumairach25fpur@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2020-06-01, 1399/03/12

##### Expected recruitment end date

2020-08-01, 1399/05/11

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

“Effects of muscle energy technique with and without functional task training on pain and disability in sacroiliac joint dysfunction”

##### Public title

“Effects of muscle energy technique with and without functional task training on pain and disability in sacroiliac joint dysfunction”

##### Purpose

Treatment

## Inclusion/Exclusion criteria

### Inclusion criteria:

Subjects between 18 to 35 year of age  
Subjects with history of recurrent LBP  
At least three out of five tests must be positive.  
Pain at the fortin area

### Exclusion criteria:

Patients with radiating pain past the knee.  
Lumbar disc herniation  
Spinal deformities  
Any spinal surgery history

## Age

From **18 years** old to **35 years** old

## Gender

Both

## Phase

2

## Groups that have been masked

- Data analyser

## Sample size

Target sample size: **40**

## Randomization (investigator's opinion)

Randomized

## Randomization description

The subjects will be randomly assigned to two groups A & B with each containing 20 subjects according to their number in computer generated table.

## Blinding (investigator's opinion)

Single blinded

## Blinding description

The study is single blinded. The data analyzer after the research will be remain blinded

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

BASR (Board of Advanced Studies and Research)

##### Street address

Ripha international university, QIE campus, mader-millet road Lahore.

##### City

lahore

##### Postal code

54000

#### Approval date

2019-09-26, 1398/07/04

#### Ethics committee reference number

REC/RCRS/20/1013

## Health conditions studied

### 1

#### Description of health condition studied

sacroiliac joint dysfunction

#### ICD-10 code

M99.04

#### ICD-10 code description

sacroiliac joint dysfunction

## Primary outcomes

### 1

#### Description

Pain

#### Timepoint

Evaluation will be done before treatment after one week, at second week and at the end of third week

#### Method of measurement

Numeric Pain Rating Scale.(NPRS)

### 2

#### Description

Function

#### Timepoint

Evaluation will be done before treatment after one week, at second week and at the end of third week

#### Method of measurement

Modified oswestry disability index (MODI).

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Control group: will be treated with muscle energy technique (METs)

#### Category

Rehabilitation

### 2

#### Description

Intervention group: will receive functional task training along with METs.

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

- Boston physiotherapy and wellness clinic, Lahore

**Full name of responsible person**  
DR. Fareeha shah  
**Street address**  
bilal street,new garden town lahore  
**City**  
Lahore  
**Postal code**  
54000  
**Phone**  
+92 42 27577009  
**Email**  
sumaira25fpur@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Ripha international university ,lahore  
**Full name of responsible person**  
dr. salman bashir  
**Street address**  
RiphaH international University,Lahore  
**City**  
Lahore  
**Postal code**  
54000  
**Phone**  
+92 42 24497959  
**Fax**  
+92 42 24497959  
**Email**  
salman.bashir@ripha.edu.pk  
**Web page address**  
<https://www.lahore.riphah.edu.pk/>

#### Grant name

student

#### Grant code / Reference number

N/A

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

No

#### Title of funding source

academic support only

#### Proportion provided by this source

5

#### 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**  
Boston physiotherapy and wellness clinic Lahore

**Full name of responsible person**  
Sumaira perveen  
**Position**  
senior physiotherapist  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Physiotherapy  
**Street address**  
garden town,lahore  
**City**  
lahore  
**Province**  
punjab  
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54000  
**Phone**  
+92 42 27577009  
**Fax**  
+92 42 27577009  
**Email**  
sumairach25four@gmail.com  
**Web page address**  
<https://oladoc.com/pakistan/lahore/h/boston-physiotherapy-and-wellness-clinic/4955>

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**  
Boston physiotherapy and wellness clinic,lahore  
**Full name of responsible person**  
Sumaira perveen  
**Position**  
senior physiotherapist  
**Latest degree**  
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**Other areas of specialty/work**  
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<https://oladoc.com/pakistan/lahore/h/boston-physiotherapy-and-wellness-clinic/4955>

## Person responsible for updating data

#### Contact

**Name of organization / entity**

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54000

**Phone**

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**Fax**

+92 42 27577009

**Email**

sumairach25fpur@gmail.com

## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

Yes - There is 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**

Not applicable

**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

**Title and more details about the data/document**

Effects of muscle energy technique with and without functional task training on pain and disability in sacroiliac joint dysfunction"

**When the data will become available and for how long**

it will be available after study completion

**To whom data/document is available**

to researcher for study only.patient data will not be shown

**Under which criteria data/document could be used**

under the usage with terms in which journal is accessed /processed for publication

**From where data/document is obtainable**

from the University office and Responsible supervisor and from journal we will process in future

**What processes are involved for a request to access data/document**

It will be only used in confidential way for improving research and benefit of humanity

**Comments**

no comment