Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
Postal code
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
Master
Other areas of specialty/work
Physiotherapy
Street address
garden town,lahore
City
lahore
Province
punjab
Postal code
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 updating data

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

Postal code
54000

Phone
+92 42 27577009

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