

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

30 May 2026

### Comparison of Active release and Post isometric relaxation techniques on Functional performance in Patients with chronic lateral epicondylitis.

#### Protocol summary

##### Study aim

- 1) To determine the effects of Active Release and Post isometric Relaxation Techniques on pain and functional performance in patients with chronic lateral epicondylitis.
- 2) To determine the effects of Active Release and Post isometric Relaxation Techniques on grip strength in patients with chronic lateral epicondylitis.

##### Design

1. Single blinded Randomized clinical trial.
2. Outcomes Assessor (single blinded).
3. Clinical diagnosed with lateral epicondylitis by orthopedic surgeon.

##### Settings and conduct

Settings: Sialkot medical complex hospital. Conduct: OPD of related hospital (physiotherapy department). Single blinded: A clinical trial in which outcomes assessor is blinded. An expert medical officer is working as outcomes assessor. Assessor has taken a Pre and Post treatment evaluation.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: • Subject with unilateral epicondylitis. • Age group between 25-45 years with pain of at least 6 weeks. • Both genders (males and females). Exclusion criteria: • History of cervical radiculopathy. • History of peripheral nerve involvement. • History of previous surgery of elbow.

##### Intervention groups

Techniques apply containing active release technique with conventional treatment (pulse ultrasound for 5 minutes) for lateral epicondylitis and Post isometric relaxation (METS) with conventional protocol for lateral epicondylitis patient.

##### Main outcome variables

Outcome variables: Pain by NPRS tool. Grip strength by Dynamometer. Functional performance by PRTEE scale

#### General information

##### Reason for update

##### Acronym

LE (Lateral Epicondylitis)

##### IRCT registration information

IRCT registration number: **IRCT20200502047274N1**  
Registration date: **2020-05-18, 1399/02/29**  
Registration timing: **registered\_while\_recruiting**

Last update: **2020-05-18, 1399/02/29**

Update count: **0**

##### Registration date

2020-05-18, 1399/02/29

##### Registrant information

###### Name

Ans Hanif

###### Name of organization / entity

###### Country

Pakistan

###### Phone

+92 52 3312562

###### Email address

anshanif01@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-09-26, 1398/07/04

##### 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

Comparison of Active release and Post isometric relaxation techniques on Functional performance in Patients with chronic lateral epicondylitis.

**Public title**

Compare Strengthening and stretching exercises to improve functional activities in right sides elbow pain

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

Subject with unilateral epicondylitis. Age group between 25-45 years with pain of atleast 6 weeks. Both genders (males and females). Subject with pain over lateral epicondyle upon palpation, resisted wrist extension or 2nd or 3rd finger extension. Subject lies on 6-10 point in NPRS. Subject with positive Mill's and Cozen's test.

**Exclusion criteria:**

History of cervical radiculopathy. History of peripheral nerve involvement. History of previous surgery of elbow. History of previous physiotherapy treatment and any steroid injection during last 6 months.

**Age**

From **25 years** old to **40 years** old

**Gender**

Both

**Phase**

1-2

**Groups that have been masked**

- Outcome assessor

**Sample size**

Target sample size: **30**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

All subjects will be allocated to group A and B by simple randomization method using random number table. Each participant will be requested to draw either number one or number two from a box. Number one will be allocated to Group A and number two will be allocated to group B.

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

A clinical trial in which outcomes assessor is blinded. An expert medical officer is working as outcomes assessor. Assessor has taken a Pre and Post treatment evaluation.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

Randomized clinical trial

**Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

"Ethics committees of Riphah International university

Islamabad"

**Street address**

I-14, near Hajj Complex, Capital Territory, Islamabad

**City**

Islamabad

**Postal code**

46000

**Approval date**

2019-11-30, 1398/09/09

**Ethics committee reference number**

005896

**Health conditions studied****1****Description of health condition studied**

Lateral Epicondylitis

**ICD-10 code**

M77.10

**ICD-10 code description**

Lateral epicondylitis, unspecified elbow

**Primary outcomes****1****Description**

Grip Strength

**Timepoint**

6 weeks before Intervention

**Method of measurement**

Hand held Dynamometer

**Secondary outcomes**

empty

**Intervention groups****1****Description**

"Intervention group 1:"Active release technique with conservative protocol ( pulse ultrasound 5minutes) for lateral epicondylitis patient. "Interventional group 2:" Post isometric relaxation techniques with conservative protocol (pulse ultrasound 5 minutes) for lateral epicondylitis patient.

**Category**

Rehabilitation

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Sialkot Medical Complex, Sialkot

**Full name of responsible person**

Ans Hanif

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No 1, Commissioner Road, Sialkot

**City**

Sialkot

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51310

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anshanif01@gmail.com

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Riphah International University

**Full name of responsible person**

Shakil ur rehman

**Street address**

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

**City**

Lahore

**Postal code**

54000

**Phone****Email**

Admissions.lahore@riphah.edu.pk

**Grant name**

Shakil Ur Rehman

**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

No

**Title of funding source**

" Investigator initiated"

**Proportion provided by this source**

1

**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**

Sialkot Medical Complex, Sialkot

**Full name of responsible person**

Salman Iftkhar

**Position**

Consultant

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

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**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Sialkot Medical Complex, Sialkot

**Full name of responsible person**

Salman Iftkhar

**Position**

Consultant

**Latest degree**

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**Other areas of specialty/work**

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**Person responsible for updating data****Contact****Name of organization / entity**

Sialkot Medical Complex, Sialkot

**Full name of responsible person**

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**Position**

Consultant

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

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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**

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**

Not applicable

**Data Dictionary**

Not applicable