Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Jun 2026

Effects of mobilization with movement at Sacroiliac joint with and without Postero-Anterior Glide at L5-S1 in patients with Sacroiliac joint dysfunction

Protocol summary

Study aim
To evaluate the Effects of mobilization with movement at Sacroiliac joint with and without Postero-Anterior Glide at L5-S1 in patients with Sacroiliac joint dysfunction.

Design
Randomized, parallel-group trial with blinded patient and assessor in 26 patients randomly assigned by computerised method with concealed randomisation sequence carried out at an external site

Settings and conduct
Ghurki trust and teaching hospital National hospital defence max rehabitilation centre patient and assesor will be blinded, them without knowing to which group they belong and whom they are assesing, researcher will allocate and therapist will be treating.

Participants/Inclusion and exclusion criteria
INCLUSION CRITERIA: Patients who had an acute unilateral or bilateral SIJ syndrome during the past 6 weeks, level of pain over the previous 24 h increased, no manipulative treatment within the past month, Pain and tenderness at SIJ, FABER, compression, distraction, and Gaenslen's. provocation tests POSITIVE EXCLUSION CRITERIA: Previous spinal manipulative treatment, Having pain and discomfort in the lumbar spine, Destructive lesions of the spine, ribs and pelvis, Cauda equina syndrome, gross instability or active infection, Pregnancy, Spondylolysthesis, and previous back surgery.

Intervention groups
Intervention group: After taking consent from both groups, interventional group will be treated with postero-anterior glide at L5-S1 with mobilization with movement at sacroiliac joint CONTROL GROUP will be treated with mobilization with movement at sacroiliac joint only

Main outcome variables
Numeric pain rating scale (NPRS) Oswestry Disability Questionnaire (ODQ)

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20200527047582N1**
Registration date: **2020-07-21, 1399/04/31**
Registration timing: **registered_while_recruiting**

Last update: **2020-07-21, 1399/04/31**
Update count: **0**

Registration date
2020-07-21, 1399/04/31

Registrant information

Name
Hufsa Tariq

Name of organization / entity
Riphah international university

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Pakistan

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-11-05, 1398/08/14

Expected recruitment end date
2020-08-05, 1399/05/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date

empty

Scientific title
Effects of mobilization with movement at Sacroiliac joint with and without Postero-Anterior Glide at L5-S1 in patients with Sacroiliac joint dysfunction

Public title
Comparison of effects of mobilization with movement at Sacroiliac joint with and without Postero-Anterior Glide at L5-S1 in patients with Sacroiliac joint dysfunction

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Patients who had an acute unilateral or bilateral SIJ syndrome during the past 6 weeks. Those in whom the level of pain over the previous 24 h increased Patients having no manipulative treatment within the past month. Pain and tenderness at SIJ FABER, compression, distraction, and Gaenslen's. provocation tests POSITIVE

Exclusion criteria:
Previous spinal manipulative treatment Having pain and discomfort in the lumbar spine Destructive lesions of the spine, ribs and pelvis cauda equina syndrome Patients having gross instability or active infection Pregnancy, Spondylolysthesis, and previous back surgery.

Age
From **25 years** old to **49 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant
- Outcome assessor

Sample size
Target sample size: **26**

Randomization (investigator's opinion)
Randomized

Randomization description
The basic strategy used for randomization will be the development of an ordered list with group assignments made in advance using simple random sampling by random number generator. As participants enter the study, they will be given consecutive numbers and assigned to the group indicated for each number

Blinding (investigator's opinion)
Double blinded

Blinding description
The patient will be blinded fo their group allocation. They will receive their allocated treatment without the knowledge of whether they belong to the control group or interventional group. The duration of the treatment session will be the same for both groups. The assessor will be a physical therapist who will have no role in the treatment of the patients. The collected data will be analyzed by a biostatistician who will be unaware of the group specification of data.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
riphah college of rehabilitation sciences

Street address
near hajj complex, 1-14, islamabad capital territory

City
islamabad

Postal code
46000

Approval date
2019-11-30, 1398/09/09

Ethics committee reference number
REC/RCRS/20/1026

Health conditions studied

1

Description of health condition studied
sacroiliac joint dysfunction

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
pain

Timepoint
before intervention, after intervention , after 2 weeks and after one month.

Method of measurement
Numeric pain rating scale (NPRS): NPRS is anchored by terms describing pain severity extremes. The 11-point numeric scale ranges from '0' representing one pain extreme (e.g. “no pain”) to '10' representing the other pain extreme (e.g. “pain as bad as you can imagine” or “worst pain imaginable”).

Secondary outcomes

1

Description
disability

Timepoint
Subjects will be reassessed by researcher immediately after treatment, after 2 weeks and after one month.

Treatment sessions (3 session a week) will be given to the subjects.

Method of measurement

Oswestry Disability Questionnaire (ODQ):It is a functional index designed to determine the symptoms and limitations that patient experiences while performing daily activities. This scale consists of 10 items in the form of activities of daily living with each item scoring from 0 to 5 where 0 is no difficulty in performing that activity and 5 is inability to do that activity. This will used for assessment of the associated disability

Intervention groups

1

Description

Intervention group 1: Mobilisation with movement at Sacroiliac joint dysfunction with Poster-anterior glide at L5-S1. After taking consent 3 sessions per week will be given to the patient. each session will be of 30-45 mins. The total treatment will be of 2 weeks. sustained glide with 10 repetitions and patient advised to actively move the body in mobilization with movement whereas in posteroanterior glide 30 oscillations in each set at the spinous process of L5-S1. 3 sets of both interventions will be applied and prior to treatment hot pack for 20 minutes.

Category

Rehabilitation

2

Description

Intervention group 2: hot pack will be applied prior to treatment for 20 minute. this group will only receive mobilization with movement at sacroiliac joint for 2 weeks. 3 sets and 3 sessions per week. In each set 10 repetitions of sustained glide and patient actively doing push-ups.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

national hospital

Full name of responsible person

Dr. Shehzad Ahmed

Street address

132\3, L-Block, phase 1, Near Sports Stadium، Sector L Dha Phase 1, Lahore, Punjab

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shahzad.ahmad@lmdc.edu.pk

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ghurki trust and teaching hospital, Lahore

Full name of responsible person

Hassan bin Ikram

Street address

GT RD-BURKI ROAD LINK, BAND ROAD, JALLO MORE

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lahore

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53401

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+92 42 37392201

Email

marketing.ghurkihospital@gmail.com

Grant name

Grant code / Reference number

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

No

Title of funding source

Ghurki trust and teaching hospital

Proportion provided by this source

100

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Riphah international university

Full name of responsible person

Hufsa Tariq

Position

Student

Latest degree

Master

Other areas of specialty/work

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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

Undecided - It is not yet known if there will be a plan to make this available

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