Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects of myofascial release with and without emmett technique in iliotibial band syndrome

Protocol summary

Study aim
To determine the effects of myofascial release with and without Emmett technique in iliotibial band syndrome.

Design
A concealed,randomized, non blinded controlled trial with a parallel group design of 22 patients.

Settings and conduct
Saba's Physical Therapy, Rehabilitation and sports injury clinic 25/H Gulberg 3, Lahore.

Participants/Inclusion and exclusion criteria
INCLUSION CRITERIA: Patient's with Positive Ober's Test ,both males and females and age 25 to 45 years
EXCLUSION CRITERIA: Patient's with TFL (Tensor Fascia Lata) tightness ,any pathological and traumatic conditions, Fractures and Dislocation. If patient has already received few sessions of Manual Therapy treatment.Taking corticosteroids, analgesic or anti-inflammatory drugs.Treatment of lower limb myofascial pain or trigger points at the time of the study.Current or previous symptoms of pathology reported in the lower limbs

Intervention groups
Patients of both the groups will receive Hot pack therapy for 20 minutes. Group A will receive Manual myofascial release to iliotibial band by having the subject to lie in the side lying position on the unaffected side. Then the therapist applied a few kilograms of force weight along the iliotibial band course proximally to distally. The therapist will repeat this for 6 minutes. Group B will receive manual myofascial release and the Emmett intervention with the subject sitting upright light, constant pressure via the middle finger (at a perpendicular angle to the skin) will be applied at both points, three times for 10-20s with 5-10s breaks between. After that the subject will be instructed to walk around the room for a minute.

Main outcome variables
Numeric pain rating scale, Goniometer and vertical jump test are used for assessing pain, flexibility of Iliotibial band and power of lower limb respectively.

General information

Reason for update

Acronym
NIL

IRCT registration information
IRCT registration number: **IRCT20200515047451N1**
Registration date: **2020-07-04, 1399/04/14**
Registration timing: **registered_while_recruiting**

Last update: **2020-07-04, 1399/04/14**
Update count: **0**

Registration date
2020-07-04, 1399/04/14

Registrant information

Name
Faiza Altaf

Name of organization / entity
Riphah International University, Lahore, Pakistan

Country
Pakistan

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-06-15, 1399/03/26

Expected recruitment end date
2020-07-15, 1399/04/25

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of myofascial release with and without emmett technique in iliotibial band syndrome

Public title

Effects of myofascial release with and without emmett technique in iliotibial band syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Positive Ober's Test Both males and females Age 25 to 45 years

Exclusion criteria:

TFL (Tensor Fascia Lata) tightness Any pathological and traumatic conditions, Fractures and Dislocation Already received few sessions of Manual Therapy treatment Taking corticosteroids, analgesic or anti-inflammatory drugs. Treatment of lower limb myofascial pain or trigger points at the time of the study Current or previous symptoms of pathology reported in the lower limbs or pelvis

Age

From **25 years** old to **45 years** old

Gender

Both

Phase

4

Groups that have been masked

No information

Sample size

Target sample size: **22**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization was done through lottery method and than participant's were allocated in two groups through concealed allocation.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Non-probability convenient sampling technique will be used to recruit the individuals for the study and then randomization will be done by lottery method to divide the individuals into 2 treatment groups. Sealed envelops will be used for allocation concealment.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Riphah College of Rehabilitation Sciences (RCRS) Research Ethical Committee (REC)

Street address

Madar e Millat road, Quaid e Azam real Estate

City

Lahore

Postal code

46770

Approval date

2020-01-01, 1398/10/11

Ethics committee reference number

REC/RCRS/20/1008

Health conditions studied

1

Description of health condition studied

Iliotibial band syndrome (ITBS) is a common knee injury that usually presents with pain or tenderness on palpation of the lateral aspect of the knee, superior to the joint line and inferior to the lateral femoral epicondyle. This overuse injury often causes weakness of hip abductor muscles and decreased range of motion of hip adductors.

ICD-10 code

M76.30

ICD-10 code description

Iliotibial band syndrome, unspecified leg

Primary outcomes

1

Description

Pain

Timepoint

Before intervention and 1,2,6 weeks after intervention

Method of measurement

Numeric Pain Rating scale (NPRS)

2

Description

Range of motion(ROM) of adductors of hip

Timepoint

Before intervention and 1,2,6 weeks after intervention

Method of measurement

Goniometer

Secondary outcomes

1

Description

Power of lower limbs

Timepoint

Before intervention and 1,2,6 weeks after intervention

Method of measurement

Vertical jump test

Intervention groups

1

Description

Intervention Group A after a 20 minutes of hot pack will receive Manual myofascial release to iliotibial band by having the subject to lie in the side lying position on the unaffected side. The upper leg to be tested was rested on the table with hip and knee flexion. Then the therapist applied a few kilograms of force weight along the iliotibial band course proximally to distally. The therapist will repeat this for 6 minutes.

Category

Rehabilitation

2

Description

Intervention group B after a 20 minutes of hot pack B will receive manual myofascial release and the Emmett intervention with the subject sitting upright on a 45cm wooden chair; light, constant pressure via the middle finger (at a perpendicular angle to the skin) will be applied at both points, three times for 10-20s with 5-10s breaks between. A light sweeping action over the sensory area that will treated will be performed once, using the back of the fingers. The rationale for this is that the light brushing action “disperses the sensory awareness to move without being too heavy or specific enough to create muscular response.” The sequence performed on one side will then repeated on the opposite leg. In Ross Emmett’s teachings of the technique he insists on treatment of both sides when focusing on the lower body (for balance). Once both sides will be completed, the subject will be instructed to walk around the room for a minute.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Saba’s Physical Therapy, Rehabilitation and sports injury clinic

Full name of responsible person

Saba Danish

Street address

25/H Gulberg 3, Lahore.

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NIL

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Web page address

Grant name

NIL

Grant code / Reference number

NIL

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

Yes

Title of funding source

Faiza Altaf

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

Persons

Person responsible for general inquiries

Contact

Name of organization / entity

Riphah College of Rehabilitation Sciences (RCRS)

Full name of responsible person

Faiza Altaf

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
There is no further decision and information decided yet
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