

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparison of Effects of Mulligan Techniques and Muscle Energy Technique (MET) on Pain and Function in Knee Osteoarthritis.

Protocol summary

Study aim

compare between the immediate (after first session) and short term (after three sessions) effects of tibio-femoral gliding MWM Mulligan techniques, and hamstring, quadriceps, and tensor fascia latae post isometric Muscle Energy Technique (MET) on Pain, range of motion, and daily functional activities in patients with Knee OA.

Design

randomized clinical trial.

Settings and conduct

baquba teaching hospital- diyala governorate- iraq.

Participants/Inclusion and exclusion criteria

- Patients with Chronic unilateral (preferably) or bilateral (intervention will be to dominant side) knee osteoarthritis (grade II and grade III).
- BMI must be ≤ 30 .
- patients are independently mobile.
- Visual Analogue Scale must be ≥ 4 .
- Knee Extension lack ≥ 20 degrees.
- Patients will be in study if they have no concomitant disease affecting the knee, e.g. rheumatoid arthritis, recent injury, and/or surgery to the knee and had received intra- articular corticosteroid during the last 6 months exclusion criteria;
- Absent for two or more continuous sessions.
- Patients who have pathological fractures, revision surgeries, associated ipsilateral injuries, and neurovascular disorders will be excluded from the study.
- Patients who are not satisfied to continue the treatment.

Intervention groups

Group A will have mulligan's (lateral, medial, internal rotation and external rotation glides) with knee extension and flexion as well as conventional treatment, and group B will have post isometric relaxation MET of (quadriceps, hamstring and tensor fascia lata muscles) as well as conventional treatment.

Main outcome variables

- The Visual Analogue Scale for pain.
- Knee ROM by goniometer.
- Timed up and go test (TUG), for evaluation of knee function.
- Patients' opinion by Knee Injury and Osteoarthritis Outcome Score (KOOS) Arabic version (Questionnaire).

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210121050099N1**

Registration date: **2021-01-25, 1399/11/06**

Registration timing: **registered_while_recruiting**

Last update: **2021-01-25, 1399/11/06**

Update count: **0**

Registration date

2021-01-25, 1399/11/06

Registrant information

Name

abbas taher

Name of organization / entity

Country

Iraq

Phone

+964 21 058 3318

Email address

abasfq@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-01-19, 1399/10/30

Expected recruitment end date

2021-02-25, 1399/12/07

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of Effects of Mulligan Techniques and Muscle Energy Technique (MET) on Pain and Function in Knee Osteoarthritis.

Public title

Effects of Mulligan and Muscle Energy Techniques on Knee Osteoarthritis.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

- Patients with Chronic unilateral (preferably) or bilateral (intervention will be to dominant side) knee osteoarthritis confirmed by x-ray, Without ligament pathology or injury (grade II and grade III of Kellegren and Lawrence classification).(50)
- patients are independently mobile.
- BMI must be ≤ 30 .
- Visual Analogue Scale must be ≥ 4
- Knee Extension lack ≥ 20 degrees
- Willingness to participate and follow the treatment schedule.
- Patients will be in study if they have no concomitant disease affecting the knee, e.g. rheumatoid arthritis, recent injury, and/or surgery to the knee and had received intra-articular corticosteroid during the last 6 months

Exclusion criteria:

- Absent for two or more continuous sessions.
- Patients who have pathological fractures, revision surgeries, associated ipsilateral injuries, and neurovascular disorders will be excluded from the study.
- Patients who are not satisfied to continue the treatment.

Age

From **35 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

The simple random allocation technique will be used to distribute those patients into a group of intervention; each subject has the opportunity to choose the intervention group randomly by pick up a small piece of paper out of 30 pieces (15 for MWM and 15 for MET) which contains the assigned interventions.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran university medical sciences. Ethics Committee of Nursing Midwifery and rehabilitation.

Street address

enghilab

City

tehran

Province

Tehran

Postal code

65478

Approval date

2021-01-18, 1399/10/29

Ethics committee reference number

IR.TUMS.FNM.REC.1399.179

Health conditions studied

1

Description of health condition studied

chronic knee osteoarthritis

ICD-10 code

M17

ICD-10 code description

Osteoarthritis of knee

Primary outcomes

1

Description

patients' opinion about thier knees

Timepoint

before first session, after third one and 4 weeks after the last session.

Method of measurement

Knee Injury and Osteoarthritis Outcome Score (KOOS)
Arabic version (Questionnaire).

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group A: Mulligan mobilization with movement technique, physiotherapy manual exercises technique. 15 subjects in this group will have mulligan mobilization with movement in these different positions (prone and standing), according to pain laterality, plus conventional exercises therapy. I. Subjects suffering from pain or more pain in the lateral aspect of the knee will receive the following intervention each session; 1) lateral

glide mobilization by using belt with active knee extension and flexion in prone position, 3 sets with 6 repetitions for extension and flexion in each set, 30 seconds rest between each set. 2) External rotation glide in standing position. with weight bearing and active knee flexion and extension The intervention continues with three sets of the MWM, of 6 repetitions in flexion and extension each set. 3) conventional knee osteoarthritis exercises; • Quadriceps isometric strengthening exercises; subject lay in supine position. • Straight leg raising exercise. 4) All of subjects will do home exercises program. This program includes conventional exercises such as quadriceps isometric strengthening, straight leg raising, hamstring curls-up and hip abduction exercises. Each exercise is done for 3 sets in each day with 30 repetitions and each repetition will last for 10 seconds muscle contraction period. II. Subjects suffering from pain in the medial aspect of the knee will receive the following intervention; 1) medial glide mobilization in prone position by using belt with active knee extension and flexion, 3 sets with 6 repetitions for extension and flexion each set, 30 seconds rest between each set. With similar above procedures. The only difference is the direction of gliding. 2) Internal rotation in standing position with weight bearing and active knee flexion. The same procedure in I 2 with the difference in internal rotation gliding. 3) Conventional knee osteoarthritis exercises; quadriceps isometric strengthening exercises and straight leg raising Home active conventional osteoarthritis exercises.

Category

Rehabilitation

2

Description

Intervention group B: muscle energy manual exercises technique MET. physiotherapy manual exercises technique. 15 subjects in this group will receive Post isometric relaxation of Muscle energy technique as following; I. Quadriceps MET contraction of quadriceps with only 20% of maximum voluntary contraction strength in extension against therapist's resistance for 7-10 seconds, and followed by patient's exhalation, the therapist stretches the muscle for 30 seconds. Then a new end position is found and ask the patient to repeat isometric contraction again, repeated this technique for 3-4 times. II. Hamstring MET hold the hamstring isometric for 7-10 sec and followed by exhalation therapist stretch the muscle 30 second, to straighten the knee towards the new barrier. Repeating this technique until no further gain is possible (usually one or two repetitions achieve the maximum degree of lengthening available at any one session) for 3-4 time. III. Tensor fascia lata (TFL) MET Patient asked to abduct leg against resistance (using less than a 25% strength, slowly take your leg back towards the midline, against my resistance). • After contraction ceases, and patient relaxes, during patient's exhalation, the leg should be taken to or through the new restriction barrier (into adduction past the barrier) to stretch the muscular fibers of TFL (the upper third structure). • Care taken to ensure that pelvis is not tilted during stretch. • Stability is achieved by therapist pressure maintained

against flexed knee/thigh. • Entire process should be repeated several times or until no further gain is possible IV. Conventional osteoarthritis exercises (quadriceps isometric strengthening sets and straight leg raising exercises). V. All of patients will do home exercises program. This program includes conventional exercises such as quadriceps isometric strengthening, straight leg raising, hamstring curls-up and hip abduction exercises. Each exercise is done for 3 sets in each day with 30 repetitions and each repetition will last for 10 seconds muscle contraction period.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Physical therapy unit/out patients clinic

Full name of responsible person

Baquba teaching hospital

Street address

New baquba

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

Abbas Fadhil Taher

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Abbas Fadhil Taher

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

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

Tehran University of Medical Sciences

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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