Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects of Postural Correction and Myofascial Release among E-sports Players with Neck Pain and Disability. A Randomized Controlled Trial

Protocol summary

Study aim
The aim of this study is to compare the effects of posture correction and myofascial release on neck pain and disability among e-sports players.

Design
Randomized Controlled Trial; a single blinded study

Settings and conduct
E-Sports Gaming Arena, Single blinded study (assessors of the study would be kept blind of the treatment group to which the patient will be allocated)

Participants/Inclusion and exclusion criteria
Inclusion Criteria: 15-30 years, Males only, Moderate intensity neck pain, Neck disability affecting the upper limb functions in performing daily activities of life.
Exclusion Criteria: History of any trauma or cervical fracture, History of any surgery within 3 months, History of any vascular or inflammatory disease, History of any neuropathies like neuropraxia, History of any psychiatric problems that would hinder the study.

Intervention groups
Group A will get instrumental assisted myofascial soft tissue release in which cervical muscles of the participants will be treated using special instruments to release the tissue resistance. Group B will get postural correction program in which mirror therapy to correct body alignment, standing in correct posture and performing neck holding exercises, stretches of anterior chest muscles and shoulder flattening exercises. Both groups will get Patient education, cervical ROM exercises and neck isometrics (as described in detail in main section of Intervention groups)

Main outcome variables
Pain Intensity, Neck disability

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20210413050960N1**
Registration date: **2021-05-31, 1400/03/10**
Registration timing: **registered_while_recruiting**

Last update: **2021-05-31, 1400/03/10**
Update count: **0**

Registration date
2021-05-31, 1400/03/10

Registrant information

Name
Haris Bin Tariq
Name of organization / entity
Riphah International Hospital
Country
Pakistan
Phone
+92 42 37414349
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-01-05, 1399/10/16

Expected recruitment end date
2021-06-05, 1400/03/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effects of Postural Correction and Myofascial Release among E-sports Players with Neck Pain and Disability. A Randomized Controlled Trial

Public title
Effects of Postural Correction and Myofascial Release among E-sports Players with Neck Pain and Disability. A Randomized Controlled Trial
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Moderate intensity neck pain Neck disability affecting the upper limb functions in performing daily activities of life. 15-30 years of age.
Exclusion criteria:
History of any trauma or cervical fracture History of any surgery within 3 months. History of any vascular or inflammatory disease. History of any neuropathies like neuropraxia. History of any psychiatric problems that would hinder the study.
Age
From **15 years** old to **30 years** old
Gender
Male

Phase
N/A
Groups that have been masked

- Outcome assessor

Sample size
Target sample size: **46**
Randomization (investigator's opinion)
Randomized
Randomization description
The subjects fulfilling the inclusion criteria will be enrolled after independent outcome assessor then, fish bowl method will be used for randomization. We simply write the names of all the members in a small-rolled piece of papers, then place it in a fish bowl. The subject's randomization method reduces the chances of bias group allocation.
Blinding (investigator's opinion)
Single blinded
Blinding description
The study would be single blinded as assessor of the study will be kept blind of the treatment group to which the patient will be allocated.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Research & Ethical Review Committee, Riphah College of Rehab. & Allied Health Sciences.
Street address
Madar-e-Millat Road, Quaid-e-Azam Industrial Estate Quaid e Azam Industrial Estate, Lahore, Punjab
City
Lahore
Postal code
54000
Approval date
2020-12-24, 1399/10/04
Ethics committee reference number
REC/RCR & AHS/20/0405

Health conditions studied

1

Description of health condition studied
Neck Pain
ICD-10 code
M54.2
ICD-10 code description
Cervicalgia

Primary outcomes

1

Description
Pain Intensity
Timepoint
Before treatment and then on 8th week
Method of measurement
Numeric Pain Rating Scale

2

Description
Neck Disability
Timepoint
Before treatment and then on 8th week
Method of measurement
Neck Disability Index

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Group A will get myofascial release treatment. This treatment will be given by using an instrument designed for releasing the myofascial knots and tissue resistance. Prior to the treatment thermotherapy will be given using hot pack for 10 minutes. After that instrumental assisted myofascial treatment will be given for 15 minutes. after the end of the session, participants will be advised to perform active cervical range of motion in all planes (flexion,

extension, lateral rotation, lateral flexion) 3 times. Then, neck isometrics will be performed with 3 repetitions (10 second hold). Treatment will be given for 8 weeks (Three sessions per week on alternative days)

Category
Rehabilitation

2

Description
Intervention group: Group B will get postural correction program. Prior to this program, thermotherapy will be given using hot pack for 10 minutes. After that, patient will perform active cervical range of motion in all planes (flexion, extension, lateral rotation, lateral flexion) 3 times. Then, neck isometrics will be performed with 3 repetitions (10 seconds hold). Then, postural correction program will be started. In this program, different methods will be used. Mirror therapy will be used in which participants will be asked to maintain their body in a correct posture by visualizing their selves in the mirror. After that participants will be asked to stand straight by the wall and they will be asked to hold their neck and flatten their shoulder for 30 seconds. This will be performed 3 times. After that, Stretches of the anterior chest muscles (pectoralis major and minor) will be given in sitting position. Stretches will be given 3 times (30 seconds hold). Treatment will be given for 8 weeks (Three sessions per week on alternative days)

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Avengers Gaming Arena

Full name of responsible person
Waqas Hameed

Street address
House # 263-E, PIA Society, Lahore

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Lahore

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54000

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+92 42 32085145

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Riphah International University, Lahore

Full name of responsible person
Haris Bin Tariq

Street address
Madar-e-Millat Road, Quaid-e-Azam Industrial Estate Quaid e Azam Industrial Estate, Lahore, Punjab

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
Riphah International University, Lahore.

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
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Riphah International University, Lahore

Full name of responsible person
Muzna Munir

Position
Senior Lecturer

Latest degree
Master

Other areas of specialty/work
Physiotherapy

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Madar-e-Millat Road, Quaid-e-Azam Industrial Estate Quaid e Azam Industrial Estate, Lahore, Punjab

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Person responsible for scientific inquiries

Contact

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Full name of responsible person
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Other areas of specialty/work
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Person responsible for updating data

Contact
Name of organization / entity
Riphah International University, Lahore
Full name of responsible person
Haris Bin Tariq
Position
Post graduate student
Latest degree
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
EFFECTS OF POSTURAL CORRECTION AND MYOFASCIAL RELEASE AMONG E-SPORTS PLAYERS WITH NECK PAIN AND DISABILITY. A RANDOMIZED CONTROLLED TRIAL and all collected deidentified IPD will be shared.
When the data will become available and for how long
After Publication
To whom data/document is available
people working in academic institutions and researchers
Under which criteria data/document could be used
on permission from investigator
From where data/document is obtainable
Through email to Investigator harisshah545@gmail.com
What processes are involved for a request to access data/document
Through email to Investigator harisshah545@gmail.com
Comments