Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects of sacroiliac mobilization versus high velocity low amplitude thrust manipulation on pain and functional disability in female patients with sacroiliac joint dysfunction: A randomized controlled trial

Protocol summary

Study aim
the aim of study is to compare the effects of mobilization and manipulation on pain and functional disability in female patients with Sacroiliac joint dysfunction and to check whether or not one technique is more effective than other.

Design
two arm parallel group randomized trial with blinded outcome assessment

Settings and conduct
study will be conducted in Islam central hospital Sialkot. it will be double blinded study as the care giver and assessor will be unaware of treatment given

Participants/Inclusion and exclusion criteria
INCLUSION CRITERIA: (1)Females from age 25 to 50 (2)Patients with confirmed clinical diagnosis of sacroiliac joint dysfunction (3)Patients presenting with acute pain from last four weeks in low back or Sacroiliac joint of iliac origin (4)Patients with the complain of hypomobility of sacroiliac joint. EXCLUSION CRITERIA: (1)Patients with vertebral bone pathology,radiculopathy,sciatica, recent fracture (2)Patients with history of recent surgery in lumbosacral or pelvic area (3)Pregnant women, or those who had recent infection (4)Females with history of osteoporosis or cancer

Intervention groups
experimental group 1 will receive mobilization along with routine physical therapy experiental group 2 will receive manipulation along with routine physical therapy

Main outcome variables
Pain Functional Disability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20211117053085N1**
Registration date: **2021-12-20, 1400/09/29**
Registration timing: **registered_while_recruiting**

Last update: **2021-12-20, 1400/09/29**
Update count: **0**

Registration date
2021-12-20, 1400/09/29

Registrant information

Name
Nusrat Qamar

Name of organization / entity
University of Lahore

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Pakistan

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+92 52 3544112

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-08-04, 1400/05/13

Expected recruitment end date
2022-01-05, 1400/10/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effects of sacroiliac mobilization versus high velocity low amplitude thrust manipulation on pain and functional

disability in female patients with sacroiliac joint dysfunction: A randomized controlled trial

Public title
Effects of sacroiliac mobilization versus thrust manipulation on pain and functional disability in female patients with sacroiliac joint dysfunction

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Patients with confirmed clinical diagnosis of sacroiliac joint dysfunction will be included Patients presenting with acute pain from last four weeks in low back or Sacroiliac joint of iliac origin Patients with the complain of hypomobility of sacroiliac joint Will be included in our study Females from age 25 to 50 years will be included in our study

Exclusion criteria:
Patients with vertebral bone pathology,radiculopathy,sciatica, recent fracture will not be included in our study Patients with history of recent surgery in lumbosacral or pelvic area Females with history of osteoporosis or cancer or any other bone pathology will not be included Pregnant women, or those who had recent infection will not be included in our study

Age
From **25 years** old to **50 years** old

Gender
Female

Phase
N/A

Groups that have been masked

- Care provider
- Outcome assessor

Sample size
Target sample size: **72**
More than 1 sample in each individual
Number of samples in each individual: **5**
data will be collected at baseline, 1, 2, 3 and 4 weeks of intervention

Randomization (investigator's opinion)
Randomized

Randomization description
computer generated randomization method will be used to allocate our participants in 2 groups. We will use computer software which will randomly allocate our subjects into either experimental group 1 or experimental group 2. Experimental group 1 will receive Mobilization along with Routine physical therapy while Experimental Group 2 will receive High Velocity Low Amplitude Thrust Manipulation along with routine physical therapy.

Blinding (investigator's opinion)
Double blinded

Blinding description
the care giver and outcome assessor will be unaware of treatment given to participants. We will not disclose to the care giver or the outcome assessor about the type of treatment given to patient. In this way they will be blinded

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of University of Lahore

Street address
1km off defence road

City
Lahore

Postal code
54590

Approval date
2021-10-27, 1400/08/05

Ethics committee reference number
992

Health conditions studied

1

Description of health condition studied
Sacroiliac joint Dysfunction

ICD-10 code
M46.1

ICD-10 code description
Sacroiliitis, not elsewhere classified

Primary outcomes

1

Description
Pain

Timepoint
outcome will be measured at baseline, 1st, 2nd and 4th weeks post intervention

Method of measurement
pain will be measured using Numeric pain rating scale

2

Description
Functional Disability

Timepoint
Outcome will be measured at baseline, 1st, 2nd and 4th weeks post interventions

Method of measurement
Functional disability will be measured using Oswestry Disability Index Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: 1 will receive Mobilization along with Routine physical therapy. In routine physical therapy we will use electro therapeutic modalities and simple pelvic stabilization exercises. The intervention will be applied 3 sessions per week for 4 weeks.
Category
Treatment - Other

2

Description
Intervention group: 2 will receive High Velocity Low Amplitude Thrust Manipulation along with routine physical therapy. In routine physical therapy we will use electro therapeutic modalities and simple pelvic stabilization exercises. The intervention will be applied 3 sessions per week for 4 weeks
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
islam central hospital, Sialkot
Full name of responsible person
Dr. Majid Saeed
Street address
Commissioner Road Sialkot
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2

Recruitment center
Name of recruitment center
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Full name of responsible person
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https://scholar.google.com/citations?user=7IAZykkAAAAJ&hl=en&oi=ao

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
university of Lahore
Full name of responsible person
dr. Ashfaq Ahmed
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Grant name
postgraduation research
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
university of 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
Sialkot college of physical therapy
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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
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
Effects of Sacroiliac Mobilization versus high velocity low amplitude thrust manipulation on Pain, and functional Disability in female patients with Sacroiliac joint Dysfunction: A randomized controlled trial All collectedDeidentified IPD will be shared
When the data will become available and for how long
it will be available after the completion of work for three years upon request to the person involved in scientific inquiries
To whom data/document is available
People working in academic institutes or involved in doing research work
Under which criteria data/document could be used
it can be used for citations
From where data/document is obtainable
data can be obtained through email using mail address of dr.nusratqamar55@gmail.com
What processes are involved for a request to access data/document
data can be obtained through e mail to dr.nusratqamar55@gmail.com
Comments