

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Effect of Static and Dynamic Stretching on Sprinting Ability of Volleyball Players

Protocol summary

Study aim

The aim of the study is to identify effects of static and dynamic stretching on sprinting ability of volleyball players

Design

Two parallel groups, Randomized Clinical Trial of 40 participants followed for 6 weeks

Settings and conduct

Pakistan Sports Board and Coaching Centre (PSB), Lahore

Participants/Inclusion and exclusion criteria

Inclusion Criterion: • All Volleyball players at Pakistan Sports Board and Coaching Centre Lahore are including in study; • Participants that are practicing for three or more times in a week; • Both male and female participants of age group 15-30 years; • Participants having an experience of at least 1 year. Exclusion Criterion: • Athletes with any musculoskeletal injuries; • Athletes with any systemic illness; • Novice players; • Elite/ International players.

Intervention groups

Group A: performing dynamic stretching exercises three times per week while maintaining their regular physical activity and nutritional plans. Group B: performing static stretching exercises three times per week while maintaining their regular physical activity and nutritional plans.

Main outcome variables

Sprinting ability of Volleyball Players

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210811052138N2**

Registration date: **2022-07-06, 1401/04/15**

Registration timing: **retrospective**

Last update: **2022-07-06, 1401/04/15**

Update count: **0**

Registration date

2022-07-06, 1401/04/15

Registrant information

Name

Halima Shoukat

Name of organization / entity

Riphah international university, Lahore

Country

Pakistan

Phone

+92 55 4284121

Email address

halima.shoukat@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-25, 1400/02/05

Expected recruitment end date

2022-05-30, 1401/03/09

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Static and Dynamic Stretching on Sprinting Ability of Volleyball Players

Public title

Effect of Static and Dynamic Stretching on Sprinting Ability of Volleyball Players

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
All Volleyball players at Pakistan Sports Board and Coaching Centre Lahore are including in study; Participants that are practicing for three or more times in a week; Both male and female participants of age group 15-30 years; Participants having an experience of at least 1 year.

Exclusion criteria:
Athletes with any musculoskeletal injuries; Athletes with any systemic illness; Novice players; Elite/ International players.

Age
From **15 years** old to **30 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
Participants were selected by non-probability convenience sampling from the college setting. Each participant is allocated a number on enrollment in the study. Participants were randomly allocated into two groups by a random number sequence generated by a computer software program called "research randomizer". According to the number generated by a computer software, the participant is allocated into group in which that number falls. This software is used to generate 2 sets of 20 unique numbers via setting the range from 1-40 from least to greatest order.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
nil

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

committee of Riphah International University

Street address

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

Quaid e Azam Industrial Estate, Lahore, Punjab

City

Lahore

Postal code

5400

Approval date

2021-12-29, 1400/10/08

Ethics committee reference number

REC/RCR&AHS/21/0428

Health conditions studied

1

Description of health condition studied

sprinting ability

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Sprinting ability

Timepoint

6 weeks

Method of measurement

Running Anaerobic Sprint test (RAST); Counter

Movement Jump (CMJ)

Secondary outcomes

empty

Intervention groups

1

Description

Group A: Performing dynamic stretching exercises three times per week while maintaining their regular physical activity and nutritional plans for a period of 6 weeks.

Category

N/A

2

Description

Group B: performing static stretching exercises three times per week while maintaining their regular physical activity and nutritional plans for a period of 6 weeks.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Pakistan Sports Board and Coaching Centre (PSB)

Full name of responsible person

Mr. Nasrullah Rana

Street address

Ferozepur Rd, Block E 2 Gulberg III, Lahore, Punjab

City
Lahore
Postal code
5400
Phone
+92 42 99230383
Email
psblahore@hotmail.com
Web page address
<http://www.sports.gov.pk/Detail/ODNmZDIjYTMtNmlyOS00YzU3LWFhNmMtZjcxNGM5NjI4NzZm>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Riphah International University
Full name of responsible person
Halima Shaukat
Street address
28-M, Quaid-e Azam, Industrial Estate Kot Lakhpat,
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halima.shaukat@yahoo.com
Web page address
<https://riphah.edu.pk/lahore>

Grant name

Grant code / Reference number

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

No

Title of funding source

Riphah International University

Proportion provided by this source

10

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
Full name of responsible person
Maryam Nadeem
Position
Student

Latest degree
Master
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Person responsible for updating data

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Web page address

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 information

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