

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Sep 2026

Comparison of effects of straight leg raising technique and slump stretching technique in patients with lumbosacral radiculopathy

Protocol summary

Study aim

To compare the effects of straight leg raising technique and slump stretching technique on pain, ROM and disability in patients with lumbosacral radiculopathy.

Design

Single-blinded, clinical trial with a parallel group design of 28 patients. Lottery method will be used for randomisation.

Settings and conduct

Study design will be Randomized Clinical Trial. It will be done at Shaikh Zayed Hospital, Lahore. It's a single blinded trial in which the participants are deliberately kept ignorant of either the group to which they have been assigned.

Participants/Inclusion and exclusion criteria

Inclusion criteria □ Between the ages of 30 to 50. □ Having symptoms travelling away from the hips. □ Provocation of symptoms with a straight leg raise test between 45 ° to 70 °. □ Experiencing mild to moderate pain (2 to 6 in the NPRS) and baseline Modified Oswestry Disability Index (MODI) of score higher than 10%.
Exclusion criteria □ Present with " red flags " of critical spinal condition (e.g. infection, tissue, osteoporosis, fractured spine, etc.). □ Pregnant women. □ History of spinal surgery. □ Inability to hold the advisory position of slump stretching, reproduction of symptoms on neck flexion during slump test examination, showing a straight leg test (SLR) less than 45°. □ Lumbar spine pathologies such as spondylolisthesis, spondylolysis, spinal canal stenosis, spinal deformity, diabetes, infective or metabolic polyneuropathy, ankylosing spondylitis, systemic cause of back pain.

Intervention groups

Group A- Slump Stretching Technique Group B- Straight Leg Raising Technique

Main outcome variables

Pain intensity will be measured through Numeric Pain Rating Scale. Straight Leg Raise range of motion will be measured through Goniometer. Disability will be

measured through Modified Oswestry Disability Index.

General information

Reason for update

Acronym

CESLRSSTLR

IRCT registration information

IRCT registration number: **IRCT20190715044216N2**

Registration date: **2021-12-23, 1400/10/02**

Registration timing: **prospective**

Last update: **2021-12-23, 1400/10/02**

Update count: **0**

Registration date

2021-12-23, 1400/10/02

Registrant information

Name

Naveed Anwar

Name of organization / entity

Riphah International University

Country

Pakistan

Phone

+92 42 35126110

Email address

naveedanwar982@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-01-01, 1400/10/11

Expected recruitment end date

2022-06-01, 1401/03/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Comparison of effects of straight leg raising technique and slump stretching technique in patients with lumbosacral radiculopathy

Public title
Comparison of effects of straight leg raising technique and slump stretching technique in patients with lumbosacral radiculopathy

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
 Between the ages of 30 to 50. Having symptoms travelling away from the hips. Provocation of symptoms with a straight leg raise test between 45 ° to 70 ° Experiencing mild to moderate pain (2 to 6 in the NPRS) Baseline Modified Oswestry Disability Index (MODI) of score higher than 10%
Exclusion criteria:
 Present with " red flags " of critical spinal condition (e.g. infection, tissue, osteoporosis, fractured spine, etc.). Pregnant women History of spinal surgery. Inability to hold the advisory position of slump stretching, reproduction of symptoms on neck flexion during slump test examination. Showing a straight leg test (SLR) less than 45°. Lumbar spine pathologies such as spondylolisthesis, spondylolysis, spinal canal stenosis, spinal deformity, diabetes, infective or metabolic polyneuropathy, ankylosing spondylitis, systemic cause of back pain.

Age
From **30 years** old to **50 years** old

Gender
Both

Phase
1

Groups that have been masked

- Participant

Sample size
Target sample size: **28**

Randomization (investigator's opinion)
Randomized

Randomization description
Randomization will be done by lottery method through convenient sampling. Unit of randomization is individual. Tool used in randomization will be Lottery method. Through lottery method each member of the population will be assigned a number, after which numbers will be selected at random. Allocation concealment will be carried out.

Blinding (investigator's opinion)
Single blinded

Blinding description
The participant is blind in this study. The participants will deliberately be kept ignorant of either the group to which they have been assigned or key information about the

materials they are being assessed of, but the experimenter will be in possession of this knowledge.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees
1
Ethics committee
Name of ethics committee
 Research Review Committee of Riphah College of Rehabilitation Sciences, Lahore and from the Clinical
Street address
 Riffle Range Road
City
 Lahore
Postal code
 54000
Approval date
 2021-12-01, 1400/09/10
Ethics committee reference number
 S20C14G30013

Health conditions studied

1
Description of health condition studied
 Lumbosacral Radiculopathy
ICD-10 code
 M54.16
ICD-10 code description
 Radiculopathy, lumbar region

Primary outcomes

1
Description
 Pain
Timepoint
 Four sessions of treatment per week with total sixteen sessions will be given in four weeks.
Method of measurement
 Numeric Pain Rating Scale

2
Description
 Disability
Timepoint
 Four sessions of treatment per week with total sixteen sessions will be given in four weeks.
Method of measurement

Modified Oswestry Disability Index

3

Description

Range of Motion

Timepoint

Four sessions of treatment per week with total sixteen sessions will be given in four weeks.

Method of measurement

Goniometer

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Slump Stretching Technique. The subjects will receive slump stretching technique and common treatment. Common treatment includes TENS and lumbar stabilization exercise. TENS will be given for 10 minutes with 4 sessions of Lumbar stabilization exercise for 4 days/week for 4 weeks. Total treatment protocol will be of 16 sessions, 4 days /week for 4 weeks. Total duration of each session will be 25-30 minutes.

Category

Rehabilitation

2

Description

Intervention group: Straight Leg Raising Technique. The subjects will receive straight leg raise stretching technique and common treatment. Common treatment includes TENS and lumbar stabilization exercise. TENS will be given for 10 minutes with 4 sessions of Lumbar stabilization exercise for 4 days/week for 4 weeks. Total treatment protocol will be of 16 sessions, 4 days /week for 4 weeks. Total duration of each session will be 25-30 minutes.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Shaikh Zayed Hospital Lahore

Full name of responsible person

Dr.Imtiaz Ahmad

Street address

Riffle Range Road

City

Lahore

Postal code

54000

Phone

+92 42 36612321

Email

sidfirdous.99@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah International University

Full name of responsible person

Sidra Firdous Iqbal

Street address

Riffle Range Road

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Email

sidfirdous.99@gmail.com

Grant name

Not available

Grant code / Reference number

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

No

Title of funding source

Nil

Proportion provided by this source

1

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

Person responsible for general inquiries

Contact

Name of organization / entity

Riphah International University

Full name of responsible person

Sidra Firdous Iqbal

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Riphah International University
Full name of responsible person
Sidra Firdous Iqbal
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
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Person responsible for updating data

Contact

Name of organization / entity
Riphah International University
Full name of responsible person
Sidra Firdous Iqbal
Position
Student
Latest degree
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Other areas of specialty/work

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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

Comparison of effects of straight leg raising technique and slump stretching technique in patients with lumbosacral radiculopathy.

When the data will become available and for how long

30th June 2022

To whom data/document is available

People working in academic institutions

Under which criteria data/document could be used

Author will review the requests.

From where data/document is obtainable

email addresses- sidfirdous.99@gmail.com

What processes are involved for a request to access data/document

Requests will be entertained through email after which people working in academic institutions will be granted request.

Comments