

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Effects of integrated neuromuscular inhibition technique on upper trapezius trigger points in patients with non specific neck pain: a randomized controlled trail

Protocol summary

Study aim

To check effect of integrated neuromuscular inhibition technique on upper trapezius trigger points in patients with non-specific neck pain

Design

Two arm parallel Randomized, single blinded, pre and post treatment outcome assessment

Settings and conduct

It will be a single blinded randomized controlled trial and outcomes assessor will be unaware of the treatment given to patients and it will be carried out at the Jacobabad Institute of Medical Science Jacobabad, sindh.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: (1)Subjects suffering from non-specific neck pain. (2) Subjects will be required to have neck pain of less than 3 months duration as well as active TrPs in the upper trapezius muscle. Exclusion Criteria: (1)Patients with neck symptoms related to a motor vehicle collision or significant trauma (2)patients with signs of serious pathology (e.g. malignancy, infection, inflammatory disorder, or fracture) (3)Patients with signs of cervical spinal cord compromise (e.g. diffuse sensory abnormality, diffuse weakness, hyperreflexia, or the presence of clonus), two or more signs of nerve root involvement (e.g. dermatomal sensation changes, myotomal weakness) (4) History of neck surgery during the previous 12 months, and a history of cervical degenerative joint disease, endocrine disorders, and autoimmune conditions (e.g. rheumatoid arthritis, fibromyalgia, etc.) (5) Patients who had received trigger point injections in the upper trapezius muscle within the past 6 months

Intervention groups

It will be a randomized controlled trial in which people will be randomly allocated into either control or intervention group. Control group will receive Routine physical therapy while Experimental Group will receive

integrated Neuromuscular inhibition Technique along with routine physical therapy

Main outcome variables

Pain, functional disability

General information

Reason for update

Acronym

Randomized controlled trial

IRCT registration information

IRCT registration number: **IRCT20220104053617N1**

Registration date: **2022-03-23, 1401/01/03**

Registration timing: **registered_while_recruiting**

Last update: **2022-03-23, 1401/01/03**

Update count: **0**

Registration date

2022-03-23, 1401/01/03

Registrant information

Name

Nargis Jamali

Name of organization / entity

University of Lahore

Country

Pakistan

Phone

+92 333 3631236

Email address

msptn02193003@student.uol.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-12-24, 1400/10/03

Expected recruitment end date

2022-05-10, 1401/02/20 Actual recruitment start date empty Actual recruitment end date empty Trial completion date empty	allocated into two groups using computer generated randomization method in which computer software will be utilized to allocate 24 subjects in each group. Purposive Random Sampling will be carried out for this purpose. Allocation concealment will be Carried out.
Scientific title Effects of integrated neuromuscular inhibition technique on upper trapezius trigger points in patients with non specific neck pain: a randomized controlled trail	Blinding (investigator's opinion) Single blinded
Public title Effects of integrated neuromuscular inhibition technique on upper trapezius trigger points in patients with non specific neck pain	Blinding description Our study will be single blinded. Outcome assessor will be unaware of the treatment given to patient.. He will not be given any information on which treatment is applied on which patient.
Purpose Treatment	Placebo Not used
Inclusion/Exclusion criteria	Assignment Parallel
Inclusion criteria: Subjects suffering from non-specific neck pain, defined as non-articular or non-systemic as per the referring physician. Subjects will be required to have neck pain of less than 3 months duration as well as active TrPs in the upper trapezius muscle, defined as a tender nodule in a taut band that referred pain beyond the area of contact Exclusion criteria: If patient with neck symptoms will be related to a motor vehicle collision or significant trauma, they will not be included in our study. If patients will be presenting with signs of serious pathology (e.g. malignancy, infection, inflammatory disorder, or fracture), then he/she will not be included in the trial. Patients with signs of cervical spinal cord compromise (e.g. diffuse sensory abnormality, diffuse weakness, hyperreflexia, or the presence of clonus), two or more signs of nerve root involvement (e.g. dermatomal sensation changes, myotomal weakness, or diminished/absent tendon jerk reflexes). A history of neck surgery during the previous 12 months, and a history of cervical degenerative joint disease as per radiographs, endocrine disorders, and autoimmune conditions (e.g. rheumatoid arthritis, fibromyalgia, etc.) If patients had received trigger point injections in the upper trapezius muscle within the past 6 months, they will not be included in our study.	Other design features
Age From 18 years old to 55 years old Gender Both Phase N/A Groups that have been masked Outcome assessor	Secondary Ids empty
Sample size Target sample size: 48 Randomization (investigator's opinion) Randomized Randomization description Sample size was collected and it turned out to be 48. Subjects meeting the inclusion criteria will be randomly	Ethics committees <u>1</u> Ethics committee Name of ethics committee Ethics committee of University of Lahore Street address 1km.off defence road, Lahore City Lahore Postal code 537000 Approval date 2021-12-23, 1400/10/02 Ethics committee reference number REC-UOL-/52-02/2022 Health conditions studied <u>1</u> Description of health condition studied Non specific neck pain ICD-10 code M54.02 ICD-10 code description Panniculitis affecting regions of neck and back, cervical region Primary outcomes <u>1</u> Description Pain Timepoint Pain will be assessed at Baseline and after every week for 4 weeks Method of measurement

Visual Analog Scale will be utilized for the assessment of pain

2

Description

Functional disability

Timepoint

Functional Disability will be assessed at Baseline and after every week for 4 weeks

Method of measurement

Neck Disability Index will be utilized for this purpose

Secondary outcomes

empty

Intervention groups

1

Description

Control group: this group will receive training in 30-minute sessions, 5 times per week, for 8 weeks. Total duration of treatment in this group will be 30 minutes. Thirty minutes for conventional treatment like low level of the heating at the neck for 5-10 minutes. (2) Posture corrective exercises, alignment and neck-strengthening exercises, Transcutaneous electrical nerve stimulation (TENS). Traction. Short-term immobilization at cervical. Acupuncture. Chiropractic massage.

Category

Treatment - Other

2

Description

Intervention group:- In a intervention group Patients will receive conventional physical therapy in 30-minute sessions, 5 times per week, for 8 weeks. that will include low level of the heating at the neck for 5-10 minutes. (2) Posture corrective exercises, alignment and neck-strengthening exercises, Transcutaneous electrical nerve stimulation (TENS). Traction. Short-term immobilization. Acupuncture. Chiropractic Massage. 2- Along with Conventional Treatment Protocol there will be additional treatment Technique integrated Neuromuscular inhibition Technique must be applied to get better outcomes, the duration of this technique will be 20-30 minutes data Collection Tools (Proforma/Questionnaire) thirty minutes of integrated neuromuscular inhibition technique.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Jacobabad Institute of Medical Science, Jacobabad

Full name of responsible person

Ghalib Hussain

Street address

7FF2+694, channa mohalla, channa mohalla, Jacobabad, Sindh

City

Jacobabad

Postal code

79000

Phone

+92 21 111 844 844

Email

myhwash15khan@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Lahore

Full name of responsible person

Dr. Asad Gillani

Street address

1km.off defence road, Lahore

City

Lahore

Postal code

537000

Email

asadshahgilani@gmail.com

Grant name

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

University of Lahore

Full name of responsible person

Nusrat Qamar

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy
Street address
1km.off defence road, Lahore
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Phone
092 021 111 844 844
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dr.nusratqamar55@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
University of Lahore
Full name of responsible person
Nusrat Qamar
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Person responsible for updating data

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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 INTEGRATED NEUROMUSCULAR INHIBITION
TECHNIQUE ON UPPER TRAPEZIUS TRIGGER POINTS IN
PATIENTS WITH NON SPECIFIC NECK PAIN: RANDOMIZED
CONTROLLED TRIAL. All collected deidentified IPD

When the data will become available and for how long

Data will be available from December 2022 for three years.

To whom data/document is available

Data will be available for those working in academics or involved in clinical research work

Under which criteria data/document could be used

Data can be used for citation purposes

From where data/document is obtainable

Data will be made available through email. Applicants wanted to have access can email on following e mail address and it could take 3 working days to make data available for applicant. Ema Address:
dr.nusratqamar55@gmail.com

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

Data will be made available through email. Applicants wanted to have access can email on following e mail address and it could take 3 working days to make data available for applicant. Ema Address:
dr.nusratqamar55@gmail.com

Comments