

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Comparative Effects of Positional Release and Elongation Longitudinaux Avec Decoaption Osteo Articulaire (ELDOA) stretches for Hip Joint Range of Motion, Pain and Functional Mobility in Piriformis Syndrome Patients

Protocol summary

Study aim

The aim of this study is to compare the effects of positional release technique and ELDOA stretches to improve hip pain Range of motion and functional mobility in piriformis syndrome patient

Design

Study Design; randomization will be through sealed envelopes method, and blinding will not occur

Settings and conduct

Subjects with piriformis syndrome will be taken from Allied hospital Faisalabad. Blinding: Participants will be blinded they will not be aware whether they are in Group A or Group B as the participants of both groups will be receive 2 step intervention.

Participants/Inclusion and exclusion criteria

Inclusion criteria is positive fair test. pain in prolong sitting. exclusion criteria inflammatory arthritis

Intervention groups

Two groups. both are treatment group. Group A received positional release technique and group b receives Elongation osteoarticular decopatation stretch

Main outcome variables

Pain , Range of motion and functional mobility.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220601055050N1**

Registration date: **2022-08-16, 1401/05/25**

Registration timing: **retrospective**

Last update: **2022-08-16, 1401/05/25**

Update count: **0**

Registration date

2022-08-16, 1401/05/25

Registrant information

Name

Ilsa waqi Khunsha

Name of organization / entity

The university of faisalabad

Country

Pakistan

Phone

+92 313 0559605

Email address

ilsawaqikhunsha123@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-03-20, 1400/12/29

Expected recruitment end date

2022-03-28, 1401/01/08

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative Effects of Positional Release and Elongation Longitudinaux Avec Decoaption Osteo Articulaire (ELDOA) stretches for Hip Joint Range of Motion, Pain and Functional Mobility in Piriformis Syndrome Patients

Public title

Comparative effects of Eldoa in patients with piriformis syndrome to improve functional status and range of motion of hip joint

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

positive Fair test Both Male and Female patients. Pain is increasing with prolonged sitting All participants with in the age group of >30-70 yrs having symptoms of Piriformis Syndrome Patient who are having pain at buttock region or Hip joint involvement.Pain is increasing with prolonged sitting. Pain is increasing with prolonged sitting Patients with both unilateral Or Bilateral Piriformis muscle involvement. Patients who are willing to participate in the study.

Exclusion criteria:

Inflammatory Arthritis at involved side. Any known malignancy /neoplasma involved side.. Diagnosed/known psychiatric illness.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 30

Randomization (investigator's opinion)

Randomized

Randomization description

Sample will be allocated to Group A (positional Release technique) and Group B (ELDOA stretch) randomly using sealed envelopes. Method of Randomization: Simple Randomization Tool for Randomization: Sealed envelopes Unit of Randomization: Individual

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

The university of Faisalabad

Street address

Sargodha road Faisalabad

City

Faisalabad

Postal code

38000

Approval date

2022-06-02, 1401/03/12

Ethics committee reference number

110456789

Health conditions studied**1****Description of health condition studied**

Piriformis muscle pain

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

pain

Timepoint

total 06 weeks treatment with 03 session per week with 20 min of baseline hot pack

Method of measurement

visual analogue scale

Secondary outcomes**1****Description**

functional mobility

Timepoint

06 weeks will be the total time for measuring outcomes . Outcome will be measured after every session . Per week 2 sessions .. for total 4 weeks.

Method of measurement

lower extremity functional mobility scale

Intervention groups**1****Description**

group receives positional release technique, 03 repetitions will be applied for total 03 sessions per week for 06 weeks. No electro therapy modalities will be used, with base line treatment which is hot pack also given for 3 sessions per week for 6 weeks .

Category

Rehabilitation

2**Description**

group 02 receives ELDOA stretches on hip joints . total sessions are 18, 03 sessions in whole week. With no possible electro therapy modalities, with base line treatment which is hot pack applied for 6 weeks per week 3 sessions on hip joint . Hotpack will b moist heating pad

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Allied hospital Faisalabad punjab pakistan

Full name of responsible person

Dr sobia nawaz

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ilsawaqikhunsha123@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

the university of faisalabad

Full name of responsible person

dr sidra majeed

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muslim town o3 house 327 street 11 sargodha road
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Grant name

Grant code / Reference number

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

Yes

Title of funding source

the university of faisalabad

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

the university of faisalabad

Full name of responsible person

dr sidra majeed

Position

assistant professor

Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data

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clinical physiotherapist

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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

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

IPD collected for primary and secondary outcome measures

When the data will become available and for how long

jan 2023

To whom data/document is available

people working in any domain can be authorized to get this data

Under which criteria data/document could be used

IPD and any additional supporting documents will be provided for the research on the similar topic and can be obtained by asking through the contactperson mention below

From where data/document is obtainable

Contact person; Ilsa Waqi Khunsha Contact no.00923041171975

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

ilsawaqikhunsha123@gmail.com

Comments

data is private legacy respect it.