Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparsion the effectiveness of Muscle Energy techniques with Manipulation in improving the pain and functional ability in Sacroiliac joint dysfunction of postpartum female

Protocol summary

Study aim

To determine the effectiveness of muscle energy techniques versus manipulation in sacroiliac joint dysfunction in postpartum female

Design

A concealed, experimental, blinded, randomized clinical trial with a control group design of 22 patients enrolled between June 2022 and September 2022 and followed for 4 months.

Settings and conduct

This trial will be conducted at Physical Therapy & Rehablitation Ward of Chaudhary Akram Teaching Hospital (Teaching Hospital Associated with Azra Naheed Medical College ,The Superior University ,Lahore)

Participants/Inclusion and exclusion criteria

Inclusion Criteria Low back pain within six weeks If they had anterior or posterior innominate dysfunctions and their levels of current pain were at least three by visual analog scale (VAS) positive gaenslen test subjects were included in this study age between 20-55 years. Exclusion Criteria The patient having a hip fracture. The subjects had a neurological deficit. Prolapsed intervertebral disc with or without radiculopathy True limb length discrepancy

Intervention groups

Group A:The patients of the group were given 10 minutes of the warm-up session using a hot pack. Afterward, they came in for a muscle energy technique (METS) session.This protocol will be given to the patient for 8 weeks (4 times per week) Group B While Patients in group B were also given 10 minutes of the warm-up session using a hot pack. Later, they came in for a manipulation session. Then, at the end of the session, both groups (A&B) received pelvic stability exercises. This protocol will be given to the patient for 8 weeks (4 times per week)

Main outcome variables

Pain will be measure visual analog scale and functional ability will be calculated by using Modified Oswestry disability scale

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220414054537N3**
Registration date: **2022-07-25, 1401/05/03**
Registration timing: **prospective**

Last update: **2022-07-25, 1401/05/03**
Update count: **0**

Registration date

2022-07-25, 1401/05/03

Registrant information

Name
Faisal Ghafoor
Name of organization / entity
The Superior University
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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-07-26, 1401/05/04

Expected recruitment end date

2022-07-30, 1401/05/08

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparsion the effectiveness of Muscle Energy techniques with Manipulation in improving the pain and functional ability in Sacroiliac joint dysfunction of postpartum female

Public title

Effect of muscle energy technique and manipulation in sacroiliac dysfunction Female

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Female with low back pain more than 6 weeks Female patient with anterior and posterior inominate this function and their level of current pain were atleast 3 by visual analog scale Female with positive Flexion Standing test Female with Positive gaenslen test Female age between 20-55

Exclusion criteria:

Patient having the hip fracture Patient with neurology deficit Patient with prolapse Intervertebral disc with or without radiculopathy Patient with limb length discrepancy

Age

From **20 years** old to **55 years** old

Gender

Female

Phase

1-2

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **22**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants who fulfilled the inclusion criteria were selected convenient sampling technique and were then allocated randomly to Group A and Group B using lottery method. This distribution process is hidden between participants and researchers. This was done by a research assistant who did not participate in any further research

Blinding (investigator's opinion)

Double blinded

Blinding description

This study was double-blinded. The outcome assessor who was blinded to the therapy group was recruited to take readings at pre-treatment and post-treatment values. And the patients were also blinded as they didn't know they all have the same disorder and different techniques had been given to these patients.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Committe Azra Naheed Centre for Research & Development the Superior University ,Lahore

Street address

Main Riwind Road 17 km ,Lahore

City

Lahore

Postal code

54000

Approval date

2022-06-24, 1401/04/03

Ethics committee reference number

REC/FAHS/DPT/B(AP)/June @2022/994

Health conditions studied

1

Description of health condition studied

Sacroiliac joint dysfunction is a term used to describe the pain of the sacroiliac joint (SI joint). It is usually caused by abnormal motion (i.e. hyper- or hypo-mobile) or malalignment of the sacroiliac joint

ICD-10 code

S33.2

ICD-10 code description

Sacroiliac joint Dysfunction

Primary outcomes

1

Description

Pain

Timepoint

Before the intervention and after the 8 weeks of intervention

Method of measurement

Visual analog scale

2

Description

Functional ability

Timepoint

Before the intervention and after the 8 weeks of intervention

Method of measurement

Modified oswestry scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention Group A: The patients of the group A were given 10 minutes of the warm-up session using a hot pack. Afterward, they came in for a muscle energy technique (METS) session for 10 minutes. 4 times per week
Category
Rehabilitation

2

Description
Intervention group: Patients in group B were also given 10 minutes of the warm-up session using a hot pack. Later, they came in for a 10 minutes of manipulation session. Then, at the end of the session, both groups (A&B) received pelvic stability exercises. This protocol were given to the patient for 4 weeks (4 times per week)
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Chaudhary Akram Teaching Hospital
Full name of responsible person
Gulnaz Yamin
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Sponsors / Funding sources

1

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The Superior University
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Web page address
https://www.superior.edu.pk/
Grant name
Nil
Grant code / Reference number
NIl
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
NIl
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 Superior University
Full name of responsible person
Dr Zohaib Shahid
Position
Assistant Professor
Latest degree
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Other areas of specialty/work
Rehabilitation management
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inquiries

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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
Comparsion the effectiveness of Muscle Energy techniques with Manipulation in improving the pain and functional ability in Sacroiliac joint dysfunction of postpartum female

When the data will become available and for how long
When the trial has been completed after the end july 2022.The data will be available for the future use and after the completion of the trial when it get published approximately after the 3 weeks in the end of the august 2022.The summary will be available after the article get published

To whom data/document is available
It will be available to all teaching institue and hospital for the better cure of the patient and more over it will be avilable for the researcher as well

Under which criteria data/document could be used
Only for the research and for the benefits of the public

From where data/document is obtainable
The Documents will be available on the following details email.: rehanfaisal68@gmail.com Contact no: +923334816348 Postal address: Department of Physical Therapy Chaudary Akram Teaching Hospital,The Superior Univeristy Lahore

What processes are involved for a request to access data/document
Application will sent to the email on request rehanfaisal68@gmail.com

Comments