

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### comparative effects of carpal bone mobilization and median nerve mobilization in the treatment of patient with carpal tunnel syndrome

#### Protocol summary

##### Study aim

The aim of the study is to evaluate the safety and efficacy of carpal bone mobilization and median nerve mobilization in the treatment of carpal tunnel syndrome patient.

##### Design

randomized clinical trial with parallel randomized control and treatment, single blinded groups, trial on 30 patients. randomization will be done using lottery method.

##### Settings and conduct

In different medical hospital of Faisalabad. consecutively enroll 5-10 eligible patients who meet the eligibility criteria and sign the informed consent by themselves or their guardians. four hospital District Head Quarter Hospital Faisalabad, Medina teaching hospital Faisalabad, Chinot hospital Faisalabad ,Faisal hospital Faisalabad.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria:Included all patients with mild and moderate CTS.Positive phalen's test and Tinel sign  
.EXclusion Criteria:Excluded a patient with Any congenital deformity.People with any kind of systematic diseases i.e. Rheumatoid Arthritis.

##### Intervention groups

Patients allocated to group A were given carpal bone mobilization 3 times a week with hot pack and exercises. Furthermore, patients in the group B received median nerve mobilization 3 times a week plus exercises and hot pack.

##### Main outcome variables

Boston Carpal Tunnel Syndrome Questionnaire(BCTQ) to measure symptom severity and function status of carpal tunnel syndrome patient. visual analogues scale(VAS) to measure pain carpal tunnel syndrome patient

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20220617055202N1**  
Registration date: **2022-07-27, 1401/05/05**  
Registration timing: **retrospective**

Last update: **2022-07-27, 1401/05/05**

Update count: **0**

##### Registration date

2022-07-27, 1401/05/05

##### Registrant information

##### Name

Dr Attia Noreen

##### Name of organization / entity

The university Of faisalabad

##### Country

Pakistan

##### Phone

+92 333 6564583

##### Email address

attia.latif@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 carpal bone mobilization and median nerve mobilization in the treatment of patient

with carpal tunnel syndrome

### Public title

carpal bone mobilization and median nerve mobilization in the treatment of patient with carpal tunnel syndrome

### Purpose

Treatment

### Inclusion/Exclusion criteria

#### Inclusion criteria:

Diagnosed cases of carpal tunnel syndrome according to positive Hoffman Tinel sign and phalen's maneuver.

#### Exclusion criteria:

Diagnosis cases of Cervical radiculopathy

### Age

From **30 years** old to **60 years** old

### Gender

Both

### Phase

N/A

### Groups that have been masked

- Participant

### Sample size

Target sample size: **30**

### Randomization (investigator's opinion)

Randomized

### Randomization description

randomize patients at a 1:1 ratio to receive either carpal bone mobilization or median nerve mobilization.

randomization will be done using lottery method. the study is single blinded and the trial monitor throughout by the data monitoring committee. Sealed envelope will be made upon which allocation of participants of both groups can be possible without bias.

### Blinding (investigator's opinion)

Single blinded

### Blinding description

In this single blinded study, patients who received the carpal bone mobilization or median nerve mobilization blinded to the study groups (carpal bone mobilization or median nerve mobilization) Similar labeling will be used for the carpal bone mobilization or median nerve mobilization and the researchers will be aware of the study groups.

### Placebo

Not used

### Assignment

Parallel

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

ethics committee of the University of Faisalabad

##### Street address

Samundari road

#### City

Faisalabad

#### Postal code

52250

#### Approval date

2022-03-13, 1400/12/22

#### Ethics committee reference number

1021

## Health conditions studied

### 1

#### Description of health condition studied

Carpal tunnel syndrome

#### ICD-10 code

G56.00

#### ICD-10 code description

Carpal tunnel syndrome, unspecified upper limb

## Primary outcomes

### 1

#### Description

Pain

#### Timepoint

Total 4 weeks of intervention period in which every week 3 sessions and assessment of pain before and after every session.

#### Method of measurement

Visual analogue scale

## Secondary outcomes

### 1

#### Description

Symptom severity

#### Timepoint

Total 4 weeks of intervention period in which every week 3 sessions and assessment of symptom severity before and after every session.

#### Method of measurement

Boston carpal tunnel syndrome questionnaire

## Intervention groups

### 1

#### Description

Intervention 1: patients allocated to group A, were given carpal bone mobilization 10 repetition 3 second hold per day one session for 5 mint in clinic for 4 weeks. 3 session per week. visual analogue scale recording pain pre and post of every session. patient also receive hot pack and payer stretch, extension stretch, flexion stretch.

#### Category

Rehabilitation

## 2

### Description

Intervention group: patients allocated to group B, this group receive median nerve mobilization 10 repetition 3 second hold per day one session for 5 mint in clinic for 4 weeks.3 session per week. visual analogue scale recording pain pre and post of every session. patient also receive hot pack and payer stretch, extension stretch, flexion stretch.

### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**

District Head Quarter Hospital Faisalabad

**Full name of responsible person**

Dr shasita bino

**Street address**

Sumadri road

**City**

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52250

**Phone**

+92 333 6564583

**Email**

attia.latif233@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

The University of Faisalabad

**Full name of responsible person**

Dr zerman zernish

**Street address**

Sumadri road

**City**

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**Phone**

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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**

Foreign

**Category of foreign source of funding**

Sponsor: country of origin

**Country of origin**

PK

**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 zerman zernish

**Position**

Assistant professor

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy p

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

The University of Faisalabad

**Full name of responsible person**

Dr zerman zernish

**Position**

Assistant professor

**Latest degree**

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**Other areas of specialty/work**

Physiotherapy

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Latif Medicare Hospital

**Full name of responsible person**

Dr Attia Noreen

**Position**

Clinical physiotherapist

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

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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 collect for primary and secondary outcomes 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**

For research purpose and meta analysis studies

**From where data/document is obtainable**

This data is only available on demand via email mention to the person responsible

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

Document can also be processed via University e-mail mspp-fa20-018@tuf.edu.pk

**Comments**

Data is private legacy respect it