# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

22 Nov 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

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+92 333 6564583

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**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 enevolp will made upon which allocation of participants of both groups can be possible without biasnes.
**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

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Sumadri road

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## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**
The University of Faisalabad

**Full name of responsible person**
Dr zermain zernish

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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 zermain zernish

**Position**
Assistant professor

**Latest degree**
Master

**Other areas of specialty/work**
Physiotherapy p

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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Latif Medicare Hospital

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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