

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jul 2026

Comparing the effects of proprioceptive neuromuscular facilitation (hold relax) and muscle energy technique (post isometric relaxation) in non-specific neck pain.

Protocol summary

Study aim

To check and compare the effects of PNF (Hold Relax) and METs (Post isometric relaxation) on cervical pain, cervical range of motion and neck disability in non-specific neck pain

Design

It will be a single blinded Randomized Clinical trial. Study population is patients suffering with non specific neck from 3 to 12 months. A total of 32 participants will be recruited according to the criteria. Lottery method will be used for the recruitment of patients in two equal groups.

Settings and conduct

Study setting : 1. Madina Teaching Hospital Faisalabad 2. DHQ Hospital Faisalabad 3. Allied Hospital Faisalabad; City : Faisalabad, Pakistan; Study Population: Patients suffering with non-specific neck pain from 3 months to 12 years and NDI score greater than 10%; Blinding: it will be a single blinded study and Lottery method will be used for the recruitment of patients in two equal groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Patients that fulfill diagnostic criteria of non-specific neck pain; Mild to moderate intensity pain on VAS; Neck symptoms from 3 months to 1 year; Age between 20 to 35 years; Gender male and females; Neck disability index score more than 10%. Exclusion Criteria: Patients with history of neck pain due to Metabolic disorders (i.e. osteoporosis, Paget's disease, osteomalacia); Patients with history of neck pain due to neurological disorders; Patients with history of malignancy or infections; Patients with any history of any neck trauma or fractures; Patients with congenital neck deformities (i.e. torticollis); Patients with known psychological disorder; Patients not willing to take part in research

Intervention groups

Intervention group A = Baseline treatment and Hold relax technique of PNF; Intervention group B = Baseline

and Post-isometric relaxation of METs

Main outcome variables

Neck pain; Cervical range of motion; Neck disability index

General information

Reason for update

To update any missing information

Acronym

IRCT registration information

IRCT registration number: **IRCT20220930056062N1**

Registration date: **2022-10-15, 1401/07/23**

Registration timing: **prospective**

Last update: **2023-06-12, 1402/03/22**

Update count: **1**

Registration date

2022-10-15, 1401/07/23

Registrant information

Name

Kaiynat Shafique

Name of organization / entity

The University of Faisalabad

Country

Pakistan

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-10-16, 1401/07/24

Expected recruitment end date

2022-12-15, 1401/09/24
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty
Scientific title
Comparing the effects of proprioceptive neuromuscular facilitation (hold relax) and muscle energy technique (post isometric relaxation) in non-specific neck pain.
Public title
Effects of Hold relax and Post isometric relaxation techniques in non-specific neck pain.
Purpose
Health service research
Inclusion/Exclusion criteria
Inclusion criteria:
Patients that fulfill diagnostic criteria of non-specific neck pain Mild to moderate intensity pain on VAS Neck symptoms from 3 months to 1 year Age between 20 to 35 years Both gender (male and female) Neck disability index score more than 10%
Exclusion criteria:
Patients with history of neck pain due to Metabolic disorders (i.e. osteoporosis, Paget's disease, osteomalacia) Patients with history of neck pain due to neurological disorders Patients with history of malignancy or infections Patients with any history of any neck trauma or fractures Patients with congenital neck deformities (i.e. torticollis) Patients with known psychological disorder Patients not willing to take part in research
Age
From **20 years** old to **35 years** old
Gender
Both
Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **32**
Randomization (investigator's opinion)
Randomized
Randomization description
Participants will be screened according to the criteria and 32 participants who met the inclusion criteria of the study will be selected. Participants will be divided randomly into 2 treatment groups, 16 each, by using the lottery method. Each participants will be asked to choose between two pieces of paper, with group A and group B written on them. Participants will be allocated into treatment groups according to the piece of paper they will choose. After completing 16 participants in one group, all other participants will be assigned to the other treatment group, so that both treatment groups have equal participants.
Blinding (investigator's opinion)

Single blinded
Blinding description
Each participants will be asked to choose between two pieces of paper, with group A and group B written on them. Participants will be allocated into treatment groups according to the piece of paper they choose. The patients will not know, in which group he/she is enrolled to avoid bias.
Placebo
Not used
Assignment
Other
Other design features
Secondary Ids
empty
Ethics committees
1
Ethics committee
Name of ethics committee
Ethics committee of The University of Faisalabad
Street address
west canal, Faisalabad
City
Faisalabad
Postal code
38000
Approval date
2023-03-03, 1401/12/12
Ethics committee reference number
TUF/IRB/164/2023

Health conditions studied

1
Description of health condition studied
Non specific neck pain
ICD-10 code
M54.2
ICD-10 code description
Cervicalgia

Primary outcomes

1
Description
Neck pain
Timepoint
Neck pain will be measured three times. Before the start of 1st session, after 2 weeks (6 sessions) and third time after 4 weeks (12 sessions).
Method of measurement
Visual analogue scale

2

Description

Cervical Range of motion

Timepoint

Cervical range of motion will be measured three times. Before the start of 1st session, after 2 weeks (6 sessions) and third time after 4 weeks (12 sessions).

Method of measurement

Universal goniometer

3

Description

Neck disability

Timepoint

Neck disability will be measured three times. Before the start of 1st session, after 2 weeks (6 sessions) and third time after 4 weeks (12 sessions).

Method of measurement

Neck disability index

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group A will receive 3 sessions of Hold relax per week for 4 weeks. This manual Technique will applied on 3 muscle sternocleidomastoid, Levator scapulae and upper trapezius muscle. In one session 3 repetitions will be performed.

Category

Treatment - Other

2

Description

Intervention group B will receive 3 sessions of Post isometric relaxation technique per week for 4 weeks. This manual Technique will applied on 3 muscle sternocleidomastoid, Levator scapulae and upper trapezius muscle. In one session 3 repetitions will be performed.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Madina Teaching hospital

Full name of responsible person

Dr. Kaiynat Shafique

Street address

Sargodha road Faisalabad

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Faisalabad

Full name of responsible person

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Grant name

Grant code / Reference number

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

No

Title of funding source

All financial expenses are bear by myself

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

The university of Faisalabad

Full name of responsible person

Dr. Kaiynat Shafique

Position

Physiotherapist

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

Contact

Name of organization / entity
The university of Faisalabad
Full name of responsible person
Kaiynat Shafique
Position
Student
Latest degree
Master
Other areas of specialty/work
Physiotherapy
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Person responsible for updating data

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Position

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Latest degree

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available