

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Effects of Myofascial Release technique in combination with Cognitive Behavior Therapy on Pain, Craniovertebral Angle and Neck Disability in university students with chronic neck pain and Forward Head Posture

Protocol summary

Study aim

The aim of study will be to compare the effects of Myofascial release technique with Cognitive Behavior Therapy on Pain, Craniovertebral angle, Neck Disability in university students with chronic neck pain and forward head posture

Design

Parallel group randomized clinical trial and Randomization will be achieved through computer generated random number table.

Settings and conduct

Safi Hospital. It will be assessor who will be blinded about the type of intervention. Treatment will be given by principal /investigator

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Age group: 18-28 Years, Gender Group: Both male and female participants, Individuals with Craniovertebral angle <53, Individuals having grade 2 neck pain according to KNGF Guidelines. Exclusion Criteria: Past history of shoulder and spine surgery, Congenital problems, Fibromyalgia, Myopathy, Cervical Radiculopathy, Trigger point injections, Any recent accidents

Intervention groups

Interventional Group: (Group A) will receive a hot pack for 5 minutes, followed by a 10-minute myofascial release technique. After that, they will perform isometric exercises consisting of six movements, holding each movement for 10 seconds, repeating every five times with a 5-second rest between them. Cognitive behavior therapy will be administered for 20 minutes, utilizing visual aids in the form of videos, images, animations, simple pamphlets, and text. Control Group: (Group B) will receive a hot pack for 5 minutes, followed by a 10-minute myofascial release technique. After that, they will perform isometric exercises consisting of six movements, holding each movement for 10 seconds, repeating every

five times with a 5-second rest between them. Then, the patients will be provided with a Reference Guide on Ergonomics and Design, which they will read for 20 minutes.

Main outcome variables

Pain Craniovertebral angle Neck disability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230216057434N2**

Registration date: **2023-03-13, 1401/12/22**

Registration timing: **registered_while_recruiting**

Last update: **2023-03-13, 1401/12/22**

Update count: **0**

Registration date

2023-03-13, 1401/12/22

Registrant information

Name

Zainab Sheraz

Name of organization / entity

Riphah International University, Faisalabad

Country

Pakistan

Phone

+92 301 7070941

Email address

zainab.48@hotmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-03-04, 1401/12/13

Expected recruitment end date

2023-05-01, 1402/02/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Myofascial Release technique in combination with Cognitive Behavior Therapy on Pain, Craniovertebral Angle and Neck Disability in university students with chronic neck pain and Forward Head Posture

Public title

Effect of Cognitive behavior therapy on Chronic neck pain with forward head posture

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Age: 18-28 Years Gender: Both male and female participants Individuals with Craniovertebral angle <53 Individuals having grade 2 neck pain according to KNGF Guidelines.

Exclusion criteria:

Past history of shoulder and spine surgery Congenital problems Fibromyalgia Myopathy Cervical Radiculopathy Trigger point injections Any recent accidents

Age

From **18 years** old to **28 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **66**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization will be done through a computer software "Random allocation". The total sample size will be entered with requirement to be allocated in two groups. An automated randomization list will be achieved with attrition rate included.

Blinding (investigator's opinion)

Single blinded

Blinding description

Blinding will be done on part of outcome assessor who will be an experienced therapist. Patients will be assessed by him at the end of treatment session. He will be blinded about the type of intervention patient will receive

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics committee of Riphah International University
Faisalabad

Street address

Riphah International University, Faisalabad

City

Faisalabad

Postal code

38000

Approval date

2023-01-27, 1401/11/07

Ethics committee reference number

RCRAHS/REC/23/07

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

Chronic neck pain

ICD-10 code

M54.2

ICD-10 code description

Cervicalgia

Primary outcomes**1****Description**

Pain

Timepoint

Assessment will be performed at 0 week (baseline), at 4th week and at completion of 8 weeks treatment

Method of measurement

Numeric pain rating scale

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

Craniovertebral angle

Timepoint

Assessment will be performed at 0 week (baseline), at 4th week and at completion of 8 weeks treatment

Method of measurement

Photogrammetric method

2**Description**

Neck disability

Timepoint

Assessment will be performed at 0 week (baseline), at 4th week and at completion of 8 weeks treatment

Method of measurement

Neck Disability Index (NDI)

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

Intervention group: Group A (Isometric exercises with myofascial release technique in combination with CBT)

Category

Treatment - Other

2**Description**

Control group: Group B (Isometric exercises with myofascial release technique alone)

Category

Treatment - Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Safi Teaching Hospital, Faisalabad, Pakistan

Full name of responsible person

Usama Farooq

Street address

Safi Teaching Hospital , Near Fish Farm, Satyana Road, Faisalabad

City

English

Postal code

38000

Phone

+92 332 5380333

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usamafarooqreal@gmail.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Self funded

Full name of responsible person

Zainab Sheraz

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House no. 32, street no. 2, Rehman Town, adjacent Shahzad Colony, Satyana Road, Faisalabad

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zainab.48@hotmail.com

Grant name

N/A

Grant code / Reference number

N/A

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

No

Title of funding source

N/A

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**

Persons

Person responsible for general inquiries**Contact****Name of organization / entity**

Riphah International University, Faisalabad

Full name of responsible person

Zainab Sheraz

Position

Senior Lecturer

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

house no. 32, street no. 2, Rehman Town, adjacent Shahzad Colony, Satyana Road, Faisalabad

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Real patient is involved

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not 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