

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparative effects of instrument assisted soft tissue mobilization and deep transverse friction massage on pain and gait parameters of iliotibial band syndrome

Protocol summary

Study aim

Evaluate the effects of instrument assisted soft tissue mobilization and deep transverse friction massage on pain and gait parameter among patients with Iliotibial band syndrome.

Design

Randomized clinical trial, Non-probability purposive sampling technique (random allocation to groups by means of lottery method) was used in this study.

Settings and conduct

- Physio Fixx Physiotherapy & Pain Relief Center, Faisalabad
- Physiotherapy & Pain Relief Center, Faisalabad
- Physiotherapist Center, Faisalabad
- Recovery Healthcare Clinic, Faisalabad
- InMotion Physiotherapy and Rehabilitation Clinic, Faisalabad
- Human Care Physiotherapy and Rehab Center, Faisalabad

Participants/Inclusion and exclusion criteria

Inclusion Criteria • Male patients with IT band tightness • Sitting for minimum 6-7 hour • Positive Ober's test • Age ranging between 25-45 years • Having pain (3-7 on numeric pain rating scale) • Willing to participate was included into study
Exclusion Criteria • Participants with any diagnosed musculoskeletal or auto-immune disorder • Having co-morbidities such as neoplasm etc • Undergone lower limb surgery in past 6 months • Having any neurological or vascular disorders or infectious disease • Participants with physical impairment • Participants taking medication (NSAIDS and steroids)

Intervention groups

For group A Instrument assisted soft tissue mobilization (IASTM) was given for 10 mins of warm up session using ultrasound as baseline treatment. For group B transverse deep friction massage was given along with the baseline treatment.

Main outcome variables

Pain, Range of motion, Q angle

General information

Reason for update

To update actual recruitment date

Acronym

IASTM (INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION), DTFM (DEEP TRANSVERSE FRICTION MASSAGE), ITBS (ILIOTIBIAL BAND SYNDROME)

IRCT registration information

IRCT registration number: **IRCT20230413057897N1**

Registration date: **2023-08-18, 1402/05/27**

Registration timing: **prospective**

Last update: **2023-12-24, 1402/10/03**

Update count: **1**

Registration date

2023-08-18, 1402/05/27

Registrant information

Name

Muhammad Hanan Abdullah

Name of organization / entity

The University of Faisalabad

Country

Pakistan

Phone

+92 310 7436476

Email address

abdullahhanan920@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-08-20, 1402/05/29

Expected recruitment end date

2023-11-25, 1402/09/04

Actual recruitment start date

2023-08-25, 1402/06/03
Actual recruitment end date
 2023-11-30, 1402/09/09
Trial completion date
 2023-12-05, 1402/09/14

Scientific title
 Comparative effects of instrument assisted soft tissue mobilization and deep transverse friction massage on pain and gait parameters of iliotibial band syndrome

Public title
 Comparative effects of instrument assisted soft tissue mobilization and deep transverse friction massage on pain and gait parameters of iliotibial band syndrome

Purpose
 Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
 Male patients with IT band tightness Sitting for minimum 6-7 hour Positive Ober's test Age ranging between 25-45 years Having pain (3-7 on numeric pain rating scale) Willing to participate will be included into study
Exclusion criteria:
 Participants with any diagnosed musculoskeletal or autoimmune disorder Having co-morbidities such as neoplasm etc Undergone lower limb surgery in past 6 months Having slump test negative Having any neurological or vascular disorders or infectious disease Participants with physical impairment Participants taking medication (NSAIDS and steroids)

Age
 From **25 years** old to **45 years** old

Gender
 Male

Phase
 N/A

Groups that have been masked
No information

Sample size
 Target sample size: **24**
 Actual sample size reached: **24**

Randomization (investigator's opinion)
 Randomized

Randomization description
 Study is randomized control trial and purposive sampling technique (random allocation to groups by means of lottery method) used in this study.

Blinding (investigator's opinion)
 Not blinded

Blinding description

Placebo
 Not used

Assignment
 Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

RESEARCH AND ETHICS / TECHNICAL COMMITTEE

Street address

Faisal Town, West Canal Road

City

Faisalabad

Postal code

38000

Approval date

2023-03-10, 1401/12/19

Ethics committee reference number

2021-MSPT-070

Health conditions studied

1

Description of health condition studied

ILIOTIBIAL BAND SYNDROME

ICD-10 code

M76.3

ICD-10 code description

Iliotibial band syndrome

2

Description of health condition studied

PAIN OF ILIOTIBIAL BAND SYNDROME

ICD-10 code

G89.29

ICD-10 code description

Other chronic pain

3

Description of health condition studied

GAIT IN ILIOTIBIAL BAND SYNDROME

ICD-10 code

R26.89

ICD-10 code description

Other abnormalities of gait and mobility

Primary outcomes

1

Description

Pain

Timepoint

Before intervention and 3 week after intervention

Method of measurement

Numerical Pain Rating Scale

2

Description

Hip range of motion (abduction)

Timepoint

Before intervention and 3 week after intervention

Method of measurement

Goniometer

3

Description

Q angle

Timepoint

Before intervention and 3 week after intervention

Method of measurement

Goniometer

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: IASTM

Category

Treatment - Devices

2

Description

Intervention group: DTFM

Category

Treatment - Other

Recruitment centers

1

Recruitment center**Name of recruitment center**

Physio Fix Physiotherapy & Pain Relief Center

Full name of responsible person

Nabeel Zahid

Street address

Peoples Colony#1 Canal Road Fsd

City

Faisalabad

Postal code

38000

Phone

+92 310 7436476

Email

abdullahhanan920@gmail.com

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

The University of Faisalabad

Full name of responsible person

Dr Sidra Majeed

Street address

4-Km Sargodha road, University Town, Faisalabad.
Pakistan

City

Faisalabad

Postal code

38000

Phone

+92 41 8868326

Email

info@tuf.edu.pk

Web page address

<https://www.tuf.edu.pk/>

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

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 University of Faisalabad

Full name of responsible person

Dr Sidra Majeed

Position

Associate Professor

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

4-Km, Sargodha road, Faisalabad. Pakistan

City

Faisalabad

Province

Punjab

Postal code

38000

Phone

+92 41 8868326

Email

info@tuf.edu.pk

Web page address

<https://www.tuf.edu.pk/>

Person responsible for scientific inquiries

Contact

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Hanan Abdullah

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

F-513 Gulistan colony no 1 Raja Road Faisalabad,
Pakistan

City

Faisalabad

Province

Punjab

Postal code

38000

Phone

+92 310 7436476

Email

abdullahhanan920@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Hanan Abdullah

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

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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

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

Informed Consent Form

Yes - There is 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

Title and more details about the data/document

all collected de identified participants data set for outcome measures.

When the data will become available and for how long

4 months

To whom data/document is available

people working in academic institutions.

Under which criteria data/document could be used

IPD and any other additional documents

From where data/document is obtainable

contact person: Hanan Abdullah Contact no.
92310-7436476

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

Data will be provided by contacting the above mentioned person.

Comments