Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison of the effects of ELDOA Technique and Sub-occipital Muscle Inhibition Technique on pain and disability in patients with Text Next Syndrome.

Protocol summary

Study aim
•To see the effect of ELDOA technique on pain and disability in text neck syndrome patients. •To see the effect of sub-occipital muscle inhibition technique on pain and disability in text neck syndrome patients. •To reduce pain intensity •To improve range of motion in cervical spine •To improve functional ability

Design
Randomized Clinical Trial, Two parallel groups.

Settings and conduct
The data was collected from College of Physical Therapy, Government College University Faisalabad Pakistan.

Participants/Inclusion and exclusion criteria
Inclusion criteria •Age 24 to 40 years •History of chronic neck pain > 3NRS (for at least 3 months). •Palpable taut bands in skeletal muscles. •Reduced cervical ROMs of flexion (<80 degrees), extension (<70degrees), rotation(<90degrees), lateral flexion (<20degrees). •Developing kyphosis. •Proper understanding of patient to perform test: tragus to wall test >5cm. Exclusion criteria •Surgery of spine or any extremity •Cervical osteoporosis •Cervical radiculopathy •Spinal or upper extremity infection •Malignancy of upper extremity or thorax •Obesity •Trauma or bony deformity of upper extremity •Dizziness

Intervention groups
Intervention group A: ELDOA Technique is applied on cervical spine over a period of 4 months. The ELDOA technique will be performed following baseline treatment of hot pack for 7 minutes. The 4 ELDOA positions will be performed such that 1 minutes for each position is assigned. Intervention group B: Sub occipital Muscle Inhibition Technique is applied on cervical spine over a period of 4 months. The technique will be performed following baseline treatment of hot pack for 7 minutes. Sub occipital muscle inhibition technique will be performed for 4 minutes.

Main outcome variables
Pain Cervical spine ROMS Functional ability

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20210811052138N6**
Registration date: **2023-05-18, 1402/02/28**
Registration timing: **registered_while_recruiting**

Last update: **2023-05-18, 1402/02/28**
Update count: **0**

Registration date
2023-05-18, 1402/02/28

Registrant information

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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2023-05-15, 1402/02/25
Expected recruitment end date
2023-09-15, 1402/06/24
Actual recruitment start date
2023-05-15, 1402/02/25

Actual recruitment end date
2023-09-15, 1402/06/24
Trial completion date
2023-09-15, 1402/06/24

Scientific title
Comparison of the effects of ELDOA Technique and Sub-occipital Muscle Inhibition Technique on pain and disability in patients with Text Next Syndrome.

Public title
Comparison of the effects of ELDOA Technique and Sub-occipital Muscle Inhibition Technique on pain and disability in patients with Text Next Syndrome.
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
•Age between 24 to 40 years •History of chronic neck pain (for at least 3 months) > 3NRS •Palpable taut bands in skeletal muscles •Reduced cervical ROMs of flexion (<80 degrees), extension (<70degrees), rotation(<90degrees), lateral flexion (<20degrees) •Developing kyphosis •Proper understanding of patient to perform test: tragus to wall test >5cm
Exclusion criteria:
•Surgery of spine or any extremity •Cervical osteoporosis •Cervical radiculopathy •Spinal or upper extremity infection •Malignancy of upper extremity or thorax •Obesity •Trauma or bony deformity of upper extremity •Dizziness
Age
From **24 years** old to **40 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **44**
Actual sample size reached: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
Participants were selected by convenient sampling from College of Physical Therapy, Government College University Faisalabad. Each participant was allocated a number on enrollment in the study. Participants were randomly allocated into two groups by a random number sequence generated by a software program called "research randomizer". According to the number generated by a computer software, the participant is allocated into group in which that number falls. This software is used to generate 2 sets of 20 unique numbers via setting the range from 1-40 from least to greatest order.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Government College University Faisalabad.
Street address
Government College University, Allama Iqbal Road, Faisalabad Pakistan
City
Faisalabad.
Postal code
38000
Approval date
2023-04-01, 1402/01/12
Ethics committee reference number
GCUF/ERC/2417

Health conditions studied

1

Description of health condition studied
Text Neck Syndrome
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
This study will improve pain and disability in patients with text neck syndrome
Timepoint
Before intervention and 4 month after intervention
Method of measurement
We will use NDI(neck disability index) and tragus to wall distance test to measure neck disability ,NPRS(numeric pain rating scale) to measure the level of pain intensity.

Secondary outcomes

1

Description
This study will improve the range of motion of involved cervical spine in patients with text neck syndrome.
Timepoint
Before intervention and 4 months after intervention.
Method of measurement

We will use manual goniometer to measure the range of motion of involved cervical spine.

Intervention groups

1

Description
Intervention group A: Treatment with ELDOA technique applied over cervical spine for three times per week over a period of 4 months. This technique will be performed following hot pack for 7 min. The four ELDOA positions will be performed such that 1 min for each position

Category
N/A

2

Description
Intervention group B:Sub occipital Muscle Inhibition Technique is applied on cervical spine over a period of 4 months. The technique will be performed following baseline treatment of hot pack for 7 minutes. Sub occipital muscle inhibition technique will be performed for 4 minutes.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
College of Physical Therapy, Government College University, Faisalabad, Pakistan.

Full name of responsible person
Hafiza Noor Tayyab, Raiqa Rafique

Street address
House# P-529, Jinnah Colony, Faisalabad, Pakistan, House no 24-s-14 Kot Gulam Muhammad Khan Kasur, Pakistan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Government College University, Faisalabad, Pakistan

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
Government College University, Faisalabad, Pakistan

Proportion provided by this source
100

Public or private sector
Public

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
Government College University, Faisalabad, Pakistan

Full name of responsible person
Raiqa Rafique

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Physiotherapy

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Person responsible for scientific inquiries

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Full name of responsible person

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Position
Lecturer

Latest degree
Master

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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
There is no further information.

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
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
empty

When the data will become available and for how long
empty

To whom data/document is available
empty

Under which criteria data/document could be used
empty

From where data/document is obtainable
empty

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

Comments
empty