

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison of the effects of ELDOA Technique and Sub-occipital Muscle Inhibition Technique on pain and disability in patients with Text Neck 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

##### Name

Halima Shoukat

##### Name of organization / entity

Riphah international university, Lahore

##### Country

Pakistan

##### Phone

+92 55 4284121

##### Email address

halima.shoukat@yahoo.com

##### 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 Neck Syndrome.

**Public title**

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

##### City

Faisalabad.

##### Postal code

38000, 55050

##### Phone

+92 323 6682468

##### Email

hafizanoor01@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Government College University, Faisalabad, Pakistan

##### Full name of responsible person

Muhammad Abbas

##### Street address

Government College University, Allama Iqbal Road,

Faisalabad Pakistan

##### City

Faisalabad.

##### Postal code

38000

##### Phone

+92 332 6553706

##### Email

Muhammad.abbas9@yahoo.com

##### 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

##### Street address

House no 24-S-14 depot street, Kot Gulam  
Muhammad Khan Kasur, Pakistan

##### City

Kasur

##### Province

Punjab

##### Postal code

55050

##### Phone

+92 340 2052901

##### Email

raiqarafique@gmail.com

## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Government College University, Faisalabad, Pakistan

##### Full name of responsible person

Muhammad Abbas

**Position**

Lecturer

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

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**Email**

Muhammad.abbas9@gmail.com

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**Email**

hafizanoor01@gmail.com

## 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

## Person responsible for updating data

**Contact**

**Name of organization / entity**

Government College University Faisalabad, Pakistan.

**Full name of responsible person**

Hafiza Noor Tayyab

**Position**

Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Physiotherapy

**Street address**

House# P-529, Jinnah Colony Faisalabad, Pakistan

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