

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 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

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+92 55 4284121

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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 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

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38000, 55050

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+92 323 6682468

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hafizanoor01@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Government College University, Faisalabad, Pakistan

Full name of responsible person

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Street address

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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 updating data

Contact
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Other areas of specialty/work
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Phone

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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