

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

COMPARATIVE EFFECTS OF GASTROCNEMIUS MUSCLE ENERGY TECHNIQUE AND STRAIN COUNTERSTRAIN ON GAIT OF FAST BOWLERS WITH GASTROCNEMIUS TRIGGER POINTS

Protocol summary

Study aim

Evaluate the effects of muscle energy technique and strain counterstrain on pain, cadance, stride length, ankle dorsiflexion and planterflexion of fast bowlers with gastrocnemius trigger points.

Design

Randomized clinical trial, Non-probability simple random sampling technique was used in this study.

Settings and conduct

Saeed Ajmal International Cricket Academy Borannwalla Ground Jinnah Bagh Faisalabad Jawad Sports and Cultural Complex

Participants/Inclusion and exclusion criteria

Inclusion Criteria • Fast bowlers willing to participate in the age group of 20-30 years • Fast bowlers having at least one hypersensitive tender nodule within a palpable taut band in the gastrocnemius muscle • Fast bowlers having ankle dorsiflexion range of motion less than 20 degrees • Pain intensity of more than 4 on numeric pain rating scale • Subjects running for 3 days per week for more than 6-months will be recruited Exclusion Criteria • Participants having Fibromyalgia syndrome • Congenital deformity of the foot and ankle • Tumors of the lower back and lower limb • Lower limb fractures • Diabetic neuropathy • Peripheral vascular disease • 3-month recent injuries to legs, foot or ankle will be excluded from the study

Intervention groups

Patients were divided into two group i.e., group A (muscle energy technique group) and group B (strain counterstrain group).

Main outcome variables

Pain Cadence Stride length Ankle dorsiflexion/plantarflexion Sprinting

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230427058011N1**

Registration date: **2023-09-26, 1402/07/04**

Registration timing: **retrospective**

Last update: **2023-09-26, 1402/07/04**

Update count: **0**

Registration date

2023-09-26, 1402/07/04

Registrant information

Name

Nabeel Zahid

Name of organization / entity

The University of Faisalabad

Country

Pakistan

Phone

+92 322 6373400

Email address

nabeelzahid7@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-03-01, 1401/12/10

Expected recruitment end date

2023-05-01, 1402/02/11

Actual recruitment start date

2023-03-24, 1402/01/04

Actual recruitment end date

2023-05-15, 1402/02/25

Trial completion date

2023-05-15, 1402/02/25

Scientific title

COMPARATIVE EFFECTS OF GASTROCNEMIUS MUSCLE ENERGY TECHNIQUE AND STRAIN COUNTERSTRAIN ON GAIT OF FAST BOWLERS WITH GASTROCNEMIUS TRIGGER POINTS

Public title

COMPARATIVE EFFECTS OF GASTROCNEMIUS MUSCLE ENERGY TECHNIQUE AND STRAIN COUNTERSTRAIN ON GAIT OF FAST BOWLERS WITH GASTROCNEMIUS TRIGGER POINTS

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Fast bowlers willing to participate in the age group of 20-30 years Fast bowlers having at least one hypersensitive tender nodule within a palpable taut band in the gastrocnemius muscle Fast bowlers having ankle dorsiflexion range of motion less than 20 degrees Pain intensity of more than 4 on numeric pain rating scale Subjects running for 3 days per week for more than 6-months will be recruited

Exclusion criteria:

Participants having Fibromyalgia syndrome Congenital deformity of the foot and ankle Tumors of the lower back and lower limb Lower limb fractures Diabetic neuropathy Peripheral vascular disease 3-month recent injuries to legs, foot or ankle will be excluded from the study

Age

From **20 years** old to **30 years** old

Gender

Male

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **42**

Actual sample size reached: **42**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomized clinical trial, a single-blinded experimental study was conducted. There was the formation of two study groups out of selected sample naming as group A and group B. Simple random sampling technique was used for the recruitment of study participants and they were allocating to groups using lottery method by keeping the allocation ratio (1:1) for both groups.

Blinding (investigator's opinion)

Single blinded

Blinding description

Participants were blinded from the interventionl groups during the study. They didn't know which study group contain which intervention.

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

2023-03-24, 1402/01/04

Ethics committee reference number

TUF/DR/SA/MSPP/2023/231

Health conditions studied

1

Description of health condition studied

GASTROCNEMIUS TRIGGER POINTS

ICD-10 code

M70.90

ICD-10 code description

Unspecified soft tissue disorder related to use, overuse and pressure of unspecified site

2

Description of health condition studied

GAIT IN GASTROCNEMIUS TRIGGER POINTS

ICD-10 code

R26.2

ICD-10 code description

Difficulty in walking, not elsewhere classified

Primary outcomes

1

Description

Pain

Timepoint

Before intervention, after 2nd week of intervention and after 4th week of intervention

Method of measurement

Pain was measured using NPRS (numerical pain rating scale)

Secondary outcomes

1

Description

Cadence

Timepoint

Before intervention, after 2nd week of intervention and after 4th week of intervention

Method of measurement

Measured by using stop watch and measuring tape

2

Description

Stride length

Timepoint

Before intervention, after 2nd week of intervention and after 4th week of intervention

Method of measurement

Measured by using stop watch and measuring tape

3

Description

Ankle dorsiflexion/plantarflexion

Timepoint

Before intervention, after 2nd week of intervention and after 4th week of intervention

Method of measurement

Using goniometer

4

Description

Sprinting and Function

Timepoint

Before intervention, after 2nd week of intervention and after 4th week of intervention

Method of measurement

LEFS (lower extremity functional scale)

Intervention groups

1

Description

Intervention group A Muscle Energy Technique (MET): Group A subject received 10 minutes session of moist hot pack from hydro collator at 55 degrees followed by a set of 7 repetitions of calf stretching where each stretch was held static for 10 seconds & after which treatment for each group was performed. This baseline treatment took almost 15 minutes. After that the participants of group A post-isometric relaxation technique of muscle energy technique was used. On a therapeutic bed, the participants were lying face down with their feet dangling off the edge. The individual feels a tension barrier when the dominant foot is gently moved into dorsiflexion. The subject next be told to perform an isometric contraction for seven seconds using 20% of their maximal strength against the therapist's resistance. The subject was told to relax after seven seconds as the therapist moves their ankle into a deeper range of dorsiflexion till, they feel the next stress barrier. This tension barrier continued for 60

seconds. There were three instances of this process. Total session time of group A treatment along with the common/baseline treatment was 30 minutes.

Category

Treatment - Other

2

Description

Intervention group B Strain Counter Strain (SCS): Group B subject received 10 minutes session of moist hot pack from hydro collator at 55 degrees followed by a set of 7 repetitions of calf stretching where each stretch was held static for 10 seconds & after which treatment for each group was performed. This baseline treatment took almost 15 minutes. After that the subject was laying prone with the knee bent at a 90-degree angle and ankle plantarflexed. Therapist exerted intense manual pressure on the trigger point, had been palpated and hold it 90 seconds. This process was carried out three times. Total session time of group B treatment along with the common/baseline treatment was 30 minutes.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Saeed Ajmal International Cricket Academy

Full name of responsible person

Hassan Ali (Manager)

Street address

Jhang Road, Faisalabad, Pakistan

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Web page address

<http://saicacricketers.com>

2

Recruitment center

Name of recruitment center

Borannwalla Ground Jinnah Bagh Faisalabad

Full name of responsible person

M Afzal Mehmood

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Jinnah Bagh, Faisalabad

City

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Phone

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Fax
Email
malikg000142@gmail.com
Web page address

3

Recruitment center

Name of recruitment center
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Full name of responsible person
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Web page address
http://jscc.com.pk/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
The University of Faisalabad
Full name of responsible person
Nabeel Zahid
Street address
Abdullah Garden Faisalabad
City
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38000
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+92 322 6373400
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nabeelzahid7@gmail.com

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

Persons

Person responsible for general inquiries

Contact

Name of organization / entity
The University of Faisalabad
Full name of responsible person
Mohsin Ali
Position
Consultant
Latest degree
Master
Other areas of specialty/work
Physiotherapy
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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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Full name of responsible person

Nabeel Zahid

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Master

Other areas of specialty/work

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City

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Email

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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

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

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TRIGGER POINTS

When the data will become available and for how long

The Data will be available till the end of 2023

To whom data/document is available

Data will be available to all the students whom has
access to the desired journals in which it will be
published

Under which criteria data/document could be used

Cannot be used for republished purpose. For Study and
knowledge purpose only

From where data/document is obtainable

mail at nabeelzahid7@gmail.com

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

Detail how you want to use this data and for what
purpose

Comments