# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

22 Nov 2026

## Comparative effects of Maitland Mobilization with and without Muscle Energy Technique in Sacroiliac joint dysfunction

### Protocol summary

**Study aim**
To Compare the effects of Maitland Mobilization with and without Muscle Energy Technique in Sacroiliac Joint Dysfunction
**Design**
Randomised Clinical Trial
**Settings and conduct**
Aziz Fatima Hospital Faisalabad Madinah Teaching Hospital Faisalabad Allied Hospital Faisalabad
**Participants/Inclusion and exclusion criteria**
Age 25-45 (Included) Both Males and Females (Included) Pain and Tenderness at Sacroiliajoint (Included) Diagnosed Disc Herniation (Excluded) Pregnant Females (Excluded) Radiating Pain below knee (Excluded)
**Intervention groups**
Group A (Maitland Mobilization) Group B (Maitland Mobilization +Muscle Energy Technique)
**Main outcome variables**
Pain Disability Cadence Walking Speed

### General information

**Reason for update**
**Acronym**
RCT
**IRCT registration information**
IRCT registration number: **IRCT20230706058695N1**
Registration date: **2023-09-30, 1402/07/08**
Registration timing: **retrospective**

Last update: **2023-09-30, 1402/07/08**
Update count: **0**
**Registration date**
2023-09-30, 1402/07/08

**Registrant information**
**Name**
Amna Tariq
**Name of organization / entity**
The university of Faisalabad
**Country**
Pakistan
**Phone**
+92 41 8750971
**Email address**
amnaf7647@gmail.com

**Recruitment status**
**Recruitment complete**
**Funding source**

**Expected recruitment start date**
2023-03-28, 1402/01/08
**Expected recruitment end date**
2023-06-30, 1402/04/09
**Actual recruitment start date**
2023-03-28, 1402/01/08
**Actual recruitment end date**
2023-06-30, 1402/04/09
**Trial completion date**
2023-07-16, 1402/04/25

**Scientific title**
Comparative effects of Maitland Mobilization with and without Muscle Energy Technique in Sacroiliac joint dysfunction

**Public title**
Comparative effects of Maitland Mobilization with and without Muscle Energy Technique in Sacroiliac joint dysfunction
**Purpose**
Treatment
**Inclusion/Exclusion criteria**
**Inclusion criteria:**
Pain and tenderness at sacroiliajoint Low back pain and gluteal\buttock pain from last 3 months 3 or more positive pain provocative tests Having Pain both unilaterally and Bilaterally Minimum 3 pain level on VAS (0-10 on VAS)

**Exclusion criteria:**
Radiating pain below the knee Vertebral Fracture Diagnosed Disc Herniation Nerve Root Irritation Pregnant females Diagnosed Tumors and Malignancy

**Age**
From **25 months** old to **45 months** old

**Gender**
Both

**Phase**
N/A

**Groups that have been masked**

- Participant

**Sample size**
Target sample size: **38**
Actual sample size reached: **38**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**
Computer Generated method where randomisation is done by computer software program and random numbers sequence is generated in two groups where each participant had equal chance of being allocated in group.

**Blinding (investigator's opinion)**
Single blinded

**Blinding description**
participant were blinded where they had no idea in which treatment group they are being treated because it can influence their behaviours and outcome.

**Placebo**
Not used

**Assignment**
Parallel

**Other design features**

## Secondary Ids

### 1

**Registry name**
Amna tariq

**Secondary trial Id**
amnaf7647@gmail.com

**Registration date**
2023-02-03, 1401/11/14

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**
Ethics Committee of The University of Faisalabad

**Street address**
House no 210 Green town Faisalabad Pakistan

**City**
Faisalabad

**Postal code**
14496-14535

**Approval date**
2023-02-03, 1401/11/14

**Ethics committee reference number**
TUF/ADDI REG/SB/358

## Health conditions studied

### 1

**Description of health condition studied**
Sacroiliacjoint Dysfunction patients and Low back Pain and Muscle Energy Technique And Maitland Mobilization

**ICD-10 code**

**ICD-10 code description**

## Primary outcomes

### 1

**Description**
Pain in Visual Analogue Scale

**Timepoint**
3 days in week for 4 week

**Method of measurement**
0-10 scale on paper of VAS

## Secondary outcomes

### 1

**Description**
Disability with Oswestry Disability Index

**Timepoint**
2 times 1st at the start of session and 2nd at the last treatment session

**Method of measurement**
ODI Questionnaire

### 2

**Description**
Cadence with Digital Pedometer

**Timepoint**
2 times 1st at the start of session and 2nd at the last treatment session

**Method of measurement**
One minute Walk

### 3

**Description**
Walking Speed with Digital Pedometer

**Timepoint**
2 times 1st at the start of session and the 2nd at the last treatment session

**Method of measurement**
One minute walk

## Intervention groups

**1**

**Description**
Intervention group A : Moist Hot pack for 15 minutes then Maitland Mobilization of grade 1,2,3 and 4 of 30 repititions in one set and then Strengthening Exercises (isometric adduction and abduction+ bridges + trunk side rotations)

**Category**
Treatment - Other

**2**

**Description**
Intervention group B : Moist Hot pack for 15 minutes then Maitland Mobilization of grade 1,2,3 and 4 of 30 repititions in one set then Muscle Energy Technique for Hamstring, Iliopsoas,Piriformis,Erector spinae and Quadratus Lumborum Muscle and then Strengthening Exercises ( Isometric adduction and abduction + Bridges + trunk side rotations)

**Category**
Treatment - Other

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**
Madinah Teaching Hospital

**Full name of responsible person**
Dr Mariam Mehmood

**Street address**
Madinah Teaching Hospital Sargodha Road Faisalabad

**City**
Faisalabad

**Postal code**
092

**Phone**
+92 41 8869861

**Email**
ms.mth@mth.org.pk

**Web page address**
https://mth.org.pk/

**2**

**Recruitment center**

**Name of recruitment center**
Aziz Fatima Hospital Faisalabad

**Full name of responsible person**
Dr Basit Mehmood

**Street address**
Gulistan Colony Raja Road Faisalabad Pakistan

**City**
Faisalabad

**Postal code**
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**Fax**
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**Email**
marketing@afh.com.pk

**Web page address**
http://afh.com.pk

**3**

**Recruitment center**

**Name of recruitment center**
Allied Hospital Faisalabad

**Full name of responsible person**
Dr.Sobia

**Street address**
Jail Road Adjacent to Faisalabad Medical University Near Sargodha Road Faisalabad

**City**
Faisalabad

**Postal code**
38000

**Phone**
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ms@alliedhospital.com.pk

**Web page address**
http://pmc.edu.pk

## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**
The University of Faisalabad

**Full name of responsible person**
Amna Tariq

**Street address**
Faisal Garden Amin Town Canal Road Faisalabad

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**Web page address**

**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**
Foreign

**Category of foreign source of funding**
Sponsor: country of origin

**Country of origin**

PK

**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 Mariam Mehmood

**Position**

Senior Lecturer / Clinical Coordinater

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

Madinah Teaching Hospital Sargodha Road Faisalabad

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**Province**

Punjab

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## Person responsible for scientific inquiries

**Contact**

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**Position**

Senior Lecturer/Clinical Coordinater

**Latest degree**

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**Other areas of specialty/work**

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## Person responsible for updating data

**Contact**

**Name of organization / entity**

The University of Faisalabad

**Full name of responsible person**

Amna Tariq

**Position**

Physiotherapist

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

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**Postal code**

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**Phone**

+92 308 2636971

**Email**

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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**

personal data of participants

**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**

No - There is not a plan to make this available

**Clinical Study Report**

Not applicable

**Analytic Code**

No - There is not a plan to make this available

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

Comparative Effects of Maitland Mobilization with and without Muscle Energy Technique in Sacroiliac Joint Dysfunction

**When the data will become available and for how long**

From April 2023

**To whom data/document is available**

To persons working in academic institutions and clinical settings

**Under which criteria data/document could be used**

Data will be available to researchers with valid affiliation to institution

**From where data/document is obtainable**

amnaf7647@gmail.com

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

Inquirer must provide cover letter stating their reason to obtain data for their research

**Comments**

My Research will be beneficial for the researchers regarding low back pain specially to distinguish it from other pathologies like sacroiliajoint dysfunction in my

research.