Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Jun 2026

Comparative effects of SNAG and cervicoscapular strengthening on pain intensity, headache frequency and duration, and quality of life in cervicogenic headache patients.

Protocol summary

Study aim

The aim of the study is to compare the effectiveness of SNAG and cervicoscapular strengthening on pain intensity, headache frequency and duration, and quality of life in patients with cervicogenic headache

Design

Randomized, superiority, parallel-group trial with blinded outcome assessment. Randomization was centralized and computerized with computer-generated random numbers sequence carried out at an external site.

Settings and conduct

participants, healthcare providers who care for participants during the trial, data collectors, outcome assessors, and with lesser importance data safety and monitoring board and manuscript writers. outcome assessor will the blind in the study.

Participants/Inclusion and exclusion criteria

Participants will be added to the study if they are 18 to 45 of age, both male and female, have unilateral headaches without side shift, have positive flexion rotation test, have had headaches for 3 months for a minimum of once per week, and have pain intensity equal or less than 4 on numeric pain rating scale, participants will be excluded from the study if they are suffering from dizziness, any visual problem, or have a congenital problem of the cervical spine.

Intervention groups

Group A: participants in this group will receive SNAG and cervicoscapular strengthening with a hot pack for 5 weeks with 3 sessions per week on alternate days. Group B: participants will receive cervicoscapular strengthening with a hot pack for 5 weeks with 3 sessions per week on alternate days.

Main outcome variables

Numeric pain rating scale, Headache questionnaire sheet, Headache impact test-6.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230720058859N1**
Registration date: **2023-08-03, 1402/05/12**
Registration timing: **registered_while_recruiting**

Last update: **2023-08-03, 1402/05/12**
Update count: **0**

Registration date

2023-08-03, 1402/05/12

Registrant information

Name

Sidrah Murtaza

Name of organization / entity

The University of Lahore, Lahore Pakistan

Country

Pakistan

Phone

+92 300 9449192

Email address

sidrahmurtaza92@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-07-23, 1402/05/01

Expected recruitment end date

2024-01-23, 1402/11/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Comparative effects of SNAG and cervicoscapular strengthening on pain intensity, headache frequency and duration, and quality of life in cervicogenic headache patients.

Public title
Comparative effects of SNAG and cervicoscapular strengthening on pain intensity, headache frequency and duration and quality of life in cervicogenic headache patients

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Participants of age 18-45 year Both gender Subjects having unilateral headache without side shift Headache for the previous 3 months as a minimum once per week Subjects having positive flexion rotation test Pain intensity equal or more than 4 on numeric pain rating scale

Exclusion criteria:
Participants suffering from dizziness Any visual disturbance Subjects having any congenital condition of cervical spine

Age
From **18 years** old to **45 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Outcome assessor

Sample size
Target sample size: **58**

Randomization (investigator's opinion)
Randomized

Randomization description
the sample will be randomly divided into two groups using computer-generated random numbers

Blinding (investigator's opinion)
Single blinded

Blinding description
the assessor will be blind in the study, who evaluated the final outcomes at the end of the treatment

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
The ethical committee of the university of Lahore

Street address
1-km defence road near bhuptian chowk Lahore

City
Lahore

Postal code
54000

Approval date
2023-07-18, 1402/04/27

Ethics committee reference number
REC-UOL-455-07-2023

Health conditions studied

1

Description of health condition studied
Cervicogenic headache

ICD-10 code
G44.86

ICD-10 code description
ICD-10 code G44.86 for cervicogenic headache is a medical classification as listed by WHO under the range- diseases of the nervous system.

Primary outcomes

1

Description
Pain intensity

Timepoint
Before treatment and 5 weeks after treatment

Method of measurement
Numeric pain rating scale

2

Description
Headache frequency and duration

Timepoint
Before treatment and 5 weeks after treatment

Method of measurement
Headache questionnaire sheet

3

Description
Quality of life

Timepoint
Before treatment and 5 weeks after treatment

Method of measurement
Headache impact test-6

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Group A will receive SNAG and cervicoscapular strengthening with the hot pack for 5 weeks with 3 sessions per week on alternate days
Category
Treatment - Other

2

Description
Intervention group: Group B will receive cervicoscapular strengthening with hot pack fro 5 weeks with 3 session per week on alternate days.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
The university of lahore teaching hospital
Full name of responsible person
Dr. Sana Tauqeer
Street address
1-km defence road near bhuptian chowk lahore
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
The university of Lahore
Full name of responsible person
Dr. Sana Tauqeer
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Postal code
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Phone
+92 324 4294807
Email
sana.tauqeer@uipt.uol.edu.pk
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
The university of Lahore
Proportion provided by this source
20
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 lahore
Full name of responsible person
Sidrah Murtaza
Position
Student
Latest degree
Master
Other areas of specialty/work
Physiotherapy
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Person responsible for updating data

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Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

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

Undecided - It is not yet known if there will be 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