Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

THE EFFECTS OF FUNCTIONAL RELEASE AND POSITIONAL RELEASE TECHNIQUES ON UPPER TRAPEZIUS MYALGIA AND CERVICAL RANGE OF MOTION; “A DOUBLE BLINDED RANDOMIZED CONTROLLED TRIAL”.

Protocol summary

Study aim
To determine the short term effects of functional release and positional release technique for upper Trapezius myalgia and cervical range of motion.
Design
parallel group, double blind, randomized controlled trial
Settings and conduct
Northwest General Hospital & Research Centre Peshawar, Pakistan.
Participants/Inclusion and exclusion criteria
INCLUSION CRITERIA 1. Age 18 to 45 years with Upper Trapezius myalgia. 2. Males/females. 3. Pain intensity of 4 to 7 on NPRS will be included in the study. 4. Pain for more than one week. EXCLUSION CRITERIA 1. A patient will be excluded if suffering from, acute facet joint locking, and pregnancy 2. Patient with cervical radiculopathy, ligamentous instability, and recent TOS (Through special tests). 3. Diagnosed cases of Fibro-myalgia syndrome, fractures, and recent injuries to the shoulder or cervical spine, neck, vascular disorder, scapula or any surgical procedures.
Intervention groups
treatment group one receive functional release technique and treatment group two receive positional release technique
Main outcome variables
To determine the short term effects of functional release and positional release technique for upper Trapezius myalgia and cervical range of motion.

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20231027059868N1**
Registration date: **2023-11-18, 1402/08/27**
Registration timing: **registered_while_recruiting**

Last update: **2023-11-18, 1402/08/27**
Update count: **0**
Registration date
2023-11-18, 1402/08/27

Registrant information
Name
Ayesha .
Name of organization / entity
Khyber medical university Peshawar Pakistan
Country
Pakistan
Phone
+92 91 9217703
Email address
ayeshameedpt@gmail.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2023-10-31, 1402/08/09
Expected recruitment end date
2023-12-15, 1402/09/24
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
THE EFFECTS OF FUNCTIONAL RELEASE AND POSITIONAL RELEASE TECHNIQUES ON UPPER TRAPEZIUS MYALGIA AND CERVICAL RANGE OF MOTION; “A DOUBLE BLINDED RANDOMIZED CONTROLLED TRIAL”.

Public title
THE EFFECTS OF FUNCTIONAL RELEASE AND POSITIONAL RELEASE TECHNIQUES ON UPPER TRAPEZIUS MYALGIA AND CERVICAL RANGE OF MOTION; “A DOUBLE BLINDED RANDOMIZED CONTROLLED TRIAL”.

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Age 18 to 45 years with Upper Trapezius myalgia.. Males/females Pain intensity of 4 to 7 on NPRS will be included in the study. Pain for more than one week.

Exclusion criteria:
A patient will be excluded if suffering from, acute facet joint locking, and pregnancy Patient with cervical radiculopathy, ligamentous instability, and recent TOS (Through special tests). Diagnosed cases of Fibro-myalgia syndrome, fractures, and recent injuries to the shoulder or cervical spine, neck, vascular disorder, scapula or any surgical procedures.

Age
From **14 years** old to **45 years** old

Gender
Both

Phase
0

Groups that have been masked

- Participant
- Outcome assessor

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
Participants’ recruitment for the study were be done through non-probability convenience sampling and then randomly assigned to either group A or group B through sealed envelope.

Blinding (investigator's opinion)
Double blinded

Blinding description
the subjects will be divided into two groups, thirty subjects in each group will be recruited from NWGH’s Musculoskeletal Physiotherapy OPD. Informed consent will be taken from every single subject in their language best understood by them. The participants will not be inform about their group assignments prior to randomization. A consent form will be obtained once the patients fulfill the inclusion criteria. All of the participants required to choose one of the 60 papers from an envelope following the first evaluation round. Thirty papers had TG1 printing, and the remaining had TG2 printing. The papers in the envelope all will be mixed up. Each participant's choice of paper led to their appropriate grouping, which was TG1 for the FRT group and TG2 for the PRT. The volunteers selected also unaware of their group's features, and both groups will be assessed by an experienced physiotherapist colleague, who is also unaware about participate allocation in groups. Every participant received a total of three sessions per day for one week.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
KHYBER MEDICAL UNIVERSITY ETHICS BOARD.

Street address
F1 Phase-6 Rd, Phase 5 Hayatabad, Peshawar, Khyber Pakhtunkhwa 25100

City
PESHAWAR

Postal code
25000

Approval date
2023-06-20, 1402/03/30

Ethics committee reference number
091-9217258

Health conditions studied

1

Description of health condition studied
.

ICD-10 code
M79.1

ICD-10 code description
Myalgia

Primary outcomes

1

Description
to decrease pain

Timepoint
1, 3, 7 day after intervention

Method of measurement
Numerical pain rating scale ,and goniometer for Range of motion

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Functional release technique

Category

N/A

2

Description

Intervention group: 2 positional release technique

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Northwest General Hospital & Research Centre Peshawar, Pakistan.

Full name of responsible person

Ayesha

Street address

Landi Akhoon Ahmad opposite Sarhad university ring road Peshawar

City

Peshawar

Postal code

25000

Phone

+92 91 5862514

Email

ayeshameedpt@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Khyber Medical University

Full name of responsible person

Ayesha

Street address

F1 Phase-6 Rd, Phase 5 Hayatabad, Peshawar, Khyber Pakhtunkhwa 25100

City

Peshawar

Postal code

25000

Phone

+92 91 5862514

Email

ayeshameedpt@gmail.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Khyber Medical University

Proportion provided by this source

50

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

Khyber Medical University

Full name of responsible person

Ayesha

Position

MS Scholar

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

F1 Phase-6 Rd, Phase 5 Hayatabad, Peshawar, Khyber Pakhtunkhwa 25100

City

Peshawar

Province

Khyber Pakhtunkhwa, Pakistan.

Postal code

25000

Phone

+92 91 5862514

Email

ayeshameedpt@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Khyber Medical University

Full name of responsible person

Ayesha

Position

MS scholar

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

F1 Phase-6 Rd, Phase 5 Hayatabad, Peshawar, Khyber Pakhtunkhwa 25100

City

Peshawar

Province

Khyber Pakhtunkhwa

Postal code

25000

Phone

+92 91 5862514

Email
ayeshameedpt@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Khyber Medical University

Full name of responsible person
Ayesha

Position
MS scholar

Latest degree
Master

Other areas of specialty/work
Physiotherapy

Street address
F1 Phase-6 Rd, Phase 5 Hayatabad, Peshawar, Khyber Pakhtunkhwa 25100

City
Peshawar

Province
Khyber Pakhtunkhwa, Pakistan

Postal code
25000

Phone
+92 91 5862514

Email
ayeshameedpt@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is 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

Title and more details about the data/document
THE EFFECTS OF FUNCTIONAL RELEASE AND POSITIONAL RELEASE TECHNIQUES ON UPPER TRAPEZIUS MYALGIA AND CERVICAL RANGE OF MOTION; “A DOUBLE BLINDED RANDOMIZED CONTROLLED TRIAL”

When the data will become available and for how long
data will be available for researchers, scholars and students

To whom data/document is available
data will bee available for master students and registered participants with IRCT.

Under which criteria data/document could be used
data will bee available for master students and registered participants with IRCT.

From where data/document is obtainable
data will be obtained by emailing the principle author .(ayeshameedpt@gmail.com)

What processes are involved for a request to access data/document
the researcher who required data mail the concern author..(ayeshameedpt@gmail.com)

Comments