

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparative Effects of Myofascial Release (Direct Deep Stroke) and Proprioceptive Neuromuscular Facilitation (Hold Relax) IN Supraspinatus Tendinitis: A randomized clinical trial

Protocol summary

Study aim

The main objective of this study was to determine the effect of myofascial release and PNF on improvement in pain, range of motion and functional status in patient suffering with supraspinatus tendonitis

Design

It will be single blinded randomized clinical trial. Study population that will suffering from supraspinatus tendinitis. 30 participants will be recruited according to criteria. Lottery method will be performed for allocation for participants in two groups.

Settings and conduct

The data will be collected from • MTH Hospital Faisalabad, PT OPD • DHQ Hospital Faisalabad, PT OPD • Allied Hospital Faisalabad, PT OPD

Participants/Inclusion and exclusion criteria

6 Inclusion criteria Participants who were socially active • Age;30-50years • Gender males and females • Pain on VAS 5-7 • Participants of Faisalabad Exclusion criteria • Patients with the history of Infections • Previous shoulder Surgery • Previous shoulder Fracture • Previous implants of shoulder

Intervention groups

According to inclusion and exclusion criteria 30 diagnosed subjects were enrolled into 2 groups, 15 patients in each group. A questionnaire filled by the subjects. Group A will receive moist heat (15 minutes) and myofascial release 3 sessions per week for 4 weeks, group B will receive moist heat (15 minutes) and proprioceptive neuromuscular facilitation 3 sessions per week for 4 weeks. Three readings were taken pre reading before any treatment, mid reading after 6 sessions and third reading after 12 sessions.

Main outcome variables

• Reducing pain • Improving functional disability • Increasing range of motion

General information

Reason for update

update date of recruitment

Acronym

IRCT registration information

IRCT registration number: **IRCT20230904059353N1**

Registration date: **2023-11-19, 1402/08/28**

Registration timing: **prospective**

Last update: **2023-11-30, 1402/09/09**

Update count: **1**

Registration date

2023-11-19, 1402/08/28

Registrant information

Name

Umar Tariq

Name of organization / entity

The University Of Faisalabad

Country

Pakistan

Phone

+92 304 7798888

Email address

umartariq1022@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-11-20, 1402/08/29

Expected recruitment end date

2023-12-26, 1402/10/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative Effects of Myofascial Release (Direct Deep Stroke) and Proprioceptive Neuromuscular Facilitation (Hold Relax) IN Supraspinatus Tendinitis: A randomized clinical trial

Public title

physiotherapy for patients suffering with supraspinatus tendonitis

Purpose

Health service research

Inclusion/Exclusion criteria**Inclusion criteria:**

Age ; 30-50 year Gender; Both Male and Female Pain; 5-7 on VAS

Exclusion criteria:

Patients with history of infection Previous surgery of shoulder Previous shoulder fracture

Age

From **30 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

This, randomized clinical trial employed a convenient sampling technique to recruit 30 eligible subjects who met the inclusion and exclusion criteria. Each participant provided informed consent prior to their involvement in the study. Following the enrollment phase, Lottery method was used to randomly allocated the participant into two treatment groups. 15 patients were present in each group. For lottery method, each patient was asked to pick one paper from two pieces of paper, with group A and group B written on them. Participants were divided into treatment groups according to the paper they choose. After completing 15 patients in one group, all other participants was assigned to the other treatment group, so that both groups have equal participants.

Blinding (investigator's opinion)

Single blinded

Blinding description

Participants will not be known in which group they will be allocated

Placebo

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of The University of Faisalabad

Street address

West canal, Faisalabad

City

Faisalabad

Postal code

38000

Approval date

2023-03-03, 1401/12/12

Ethics committee reference number

TUF/IRB/2023

Health conditions studied**1****Description of health condition studied**

Supraspinatus tendonitis

ICD-10 code

soft tissu

ICD-10 code description

M75.31

Primary outcomes**1****Description**

Shoulder pain

Timepoint

Shoulder pain will be assessed three times before start of 1 session, after 2 weeks and after 4 weeks.

Method of measurement

Visual analogue scale

2**Description**

Shoulder range of motion

Timepoint

Shoulder pain will be assessed three times before start of 1 session, after 2 weeks and after 4 weeks.

Method of measurement

Goniometer

3**Description**

Shoulder disability

Timepoint

Shoulder pain will be assessed three times before start of 1 session, after 2 weeks and after 4 weeks.

Method of measurement

Shoulder pain and disability index

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group A will receive 3 sessions of myofascial release per week for 4 weeks.

Category

Treatment - Other

2

Description

Intervention group B will receive 3 sessions of proprioceptive neuromuscular facilitation for 4 weeks.

Category

Treatment - Other

Recruitment centers

1

Recruitment center**Name of recruitment center**

Madinah Teaching Hospital

Full name of responsible person

Muhammad Umar Tariq

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Sargodha road Faisalabad

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Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

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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

All financial expenses will be born by myself

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**

Other

Person responsible for general inquiries**Contact****Name of organization / entity**

The University of Faisalabad

Full name of responsible person

Muhammad Umar Tariq

Position

Student

Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data

Contact

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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

No - There is not 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