Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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

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Umar Tariq
Name of organization / entity
The University Of Faisalabad
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Pakistan
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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

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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
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Person responsible for updating data

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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