Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

COMPARATIVE EFFECTS OF INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION AND DEEP TRANSVERSE FRICTION MASSAGE ON SUBJECTS WITH ACHILLES TENDINOPATHY

Protocol summary

Study aim

The efficacy of IASTM and deep transverse friction massage on Achilles tendon for patients of Achilles Tendinopathy on pain and disability was not evaluated and it is a less explored area. So, this research study will be carried out to evaluate whether instrument assisted STM or without instrument STM have same effect or not.

Design

Randomized clinical trial, Single blinded, Parallel groups, 40 sample size

Settings and conduct

• Pro Health Rehab & Medical Center, Faisalabad • In Motion Physiotherapy and Rehabilitation Clinic, Faisalabad • Al-Haq Physio & Rehabilitation Center, Faisalabad

Participants/Inclusion and exclusion criteria

Inclusion Criteria • 18 to 40 years of age • Clinically diagnosed with AT by a clinician • Pain that is localized 2-7 cm from the tendon's distal insertion • Patient with U/L or B/L AT • Male and female • Having pain greater than 3 on NPRS • Positive Royal London hospital test • Positive Arc sign • Willing to participate will be included into study Exclusion Criteria • Past history of ankle fracture that affect joint • Having pain 3 or less than 3 on NPRS • Insertional tendinopathy • Rheumatic conditions • Diabetes or circulatory issues • Achilles tendon injuries other than AT • Positive Thompson’s test • Patient with age less than 18 years or above than 40 years • Participants with any diagnosed auto-immune disorder • Having co-morbidities such as neoplasm

Intervention groups

Treatment Plan Group A For group A Instrument assisted soft tissue mobilization (IASTM) was given 3-5 min with 10 mints of warm up session using ultrasound as baseline treatment. Group B For group B transverse deep friction massage was given for time 10 min. 10 mints of warm up session using ultrasound as baseline treatment.

Main outcome variables

• Pain • Functional Disability

General information

Reason for update

Acronym

ACHILLES TENDINOPATHY

IRCT registration information

IRCT registration number: **IRCT20240429061592N1**
Registration date: **2024-05-10, 1403/02/21**
Registration timing: **retrospective**

Last update: **2024-05-10, 1403/02/21**
Update count: **0**

Registration date

2024-05-10, 1403/02/21

Registrant information

Name

Sameer Ul Haq

Name of organization / entity

The University of Faisalabad

Country

Pakistan

Phone

+92 342 0817195

Email address

sameerulhaq076@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-02-17, 1402/11/28

Expected recruitment end date

2024-04-19, 1403/01/31

Actual recruitment start date

2024-02-17, 1402/11/28

Actual recruitment end date

2024-04-19, 1403/01/31

Trial completion date

2024-04-19, 1403/01/31

Scientific title

COMPARATIVE EFFECTS OF INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION AND DEEP TRANSVERSE FRICTION MASSAGE ON SUBJECTS WITH ACHILLES TENDINOPATHY

Public title

COMPARATIVE EFFECTS OF INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION AND DEEP TRANSVERSE FRICTION MASSAGE ON SUBJECTS WITH ACHILLES TENDINOPATHY

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

18 to 40 years of age Clinically diagnosed with AT by a clinician Pain that is localized 2-7 cm from the tendon's distal insertion Patient with U/L or B/L AT Having pain greater than 3 on NPRS Positive Royal London hospital test Positive Arc sign Willing to participate will be included into study

Exclusion criteria:

Past history of ankle fracture that affect joint Having pain 3 or less than 3 on NPRS Insertional tendinopathy Rheumatic conditions Diabetes or circulatory issues Achilles tendon injuries other than AT Positive Thompson’s test Patient with age less than 18 years or above than 40 years Participants with any diagnosed auto-immune disorder Having co-morbidities such as neoplasm

Age

From **18 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **40**

Actual sample size reached: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants were randomly allocated in to groups by means of lottery method.

Blinding (investigator's opinion)

Single blinded

Blinding description

Only the researcher doing the study knows which treatment or intervention the participant is receiving until the trial is over.

Placebo

Not used

Assignment

Parallel

Other design features

Purposive sampling technique was used.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethical committee of The University of Faisalabad

Street address

University Avenue, Faisal Town Canal Road, Faisalabad, Punjab

City

Faisalabad

Postal code

38000

Approval date

2024-01-05, 1402/10/15

Ethics committee reference number

TUF/Addl Reg/SB/777

Health conditions studied

1

Description of health condition studied

Achilles Tendinopathy

ICD-10 code

M76.6

ICD-10 code description

Achilles Tendinopathy

Primary outcomes

1

Description

Pain

Timepoint

Before Intervention and at the end of 3rd week

Method of measurement

NPRS

Secondary outcomes

1

Description

Functional Disability

Timepoint

Before Intervention and after 3rd week

Method of measurement

VISA-A Achilles Questionnaire

Intervention groups

1

Description
Intervention group:
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
• Pro Health Rehab & Medical Center, Faisalabad
Full name of responsible person
Dr. Zain Ali Bal; PT
Street address
P-346 Amin Town, C-Block Kashmir Road, Faisalabad
City
Faisalabad
Postal code
38000
Phone
+92 306 6706867
Email
sameerulhaq076@gmail.com
Web page address

2

Recruitment center
Name of recruitment center
• Al-Haq Physio & Rehabilitation Center, Faisalabad
Full name of responsible person
Dr. Sameer Ul Haq; PT
Street address
Chak No195 R.B, Faisalabad
City
Faisalabad
Postal code
38000
Phone
+92 342 0817195
Email
sameerulhaq076@gmail.com

3

Recruitment center
Name of recruitment center
n Motion Physiotherapy and Rehabilitation Clinic, Faisalabad
Full name of responsible person
Dr. Hanan Abdullah; PT
Street address
513-F Gulistan Colony no. 1, Raja Road, Faisalabad
City
Faisalabad
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Phone
+92 310 7436476
Email
sameerulhaq076@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
THE UNIVERSITY OF FAISALABAD
Full name of responsible person
Syed Saqlain Babar
Street address
University Avenue, Faisal Town Canal Road, Faisalabad, Punjab
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Postal code
38000
Phone
+92 315 6205017
Email
syedsaqlain264@gmail.com
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
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
Al Haq Physio & Rehablition Center
Full name of responsible person
Sameer Ul Haq
Position
CEO
Latest degree
Bachelor
Other areas of specialty/work
Physiotherapy
Street address
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
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
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is 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
All Collected Deidentified
When the data will become available and for how long
starting in January 2025
To whom data/document is available
Everyone
Under which criteria data/document could be used
Everyone who required for academic or clinical purpose
From where data/document is obtainable
By contacting on Gmail
What processes are involved for a request to access data/document
Contact on given Gmail accounts
Comments