

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparative effects of cervical traction versus myokinetic stretching technique (MST) on pain, functional disability and grip strength in patients with cervical radiculopathy

#### Protocol summary

##### Study aim

The purpose of the current study will be to assess the impact of cervical traction and MST on pain, functional disability and grip strength in subjects suffering from cervical radiculopathy.

##### Design

It is a randomized controlled trial with double blinding of subjects. Data will be collected for 6-9 months after approval

##### Settings and conduct

Data will be collected from Physical therapy department of Ibn e siena Hospital, Multan

##### Participants/Inclusion and exclusion criteria

**INCLUSION CRITERIA** Both male and female individuals aged 30-50 years, Individuals with upper-limb pain that had been radiating from their neck for more than three weeks, The clinical prediction rule will be used to diagnose the participants which includes four elements out of which, presence of three elements confirm Cervical Radiculopathy diagnosis. **EXCLUSION CRITERIA** History of previous cervical or thoracic spine injury, Recent fracture or surgery in and around the shoulder, Any systemic disease, Any comorbid factors, Pregnancy

##### Intervention groups

Patients will be randomly allocated to two groups  
Patients in both groups will receive conventional therapy. Group A will be treated with cervical traction. Group B will be treated with Myokinetic Stretching technique, which consists of active and passive stretches with myofascial release (MFR)

##### Main outcome variables

Pain and functional disability

#### General information

##### Reason for update

##### Acronym

MST

##### IRCT registration information

IRCT registration number: **IRCT20240513061771N1**

Registration date: **2024-07-21, 1403/04/31**

Registration timing: **registered\_while\_recruiting**

Last update: **2024-07-21, 1403/04/31**

Update count: **0**

##### Registration date

2024-07-21, 1403/04/31

##### Registrant information

###### Name

Iraj Shoaib

###### Name of organization / entity

University of Lahore

###### Country

Pakistan

###### Phone

+92 332 5004605

###### Email address

irajshoaib5@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-12-12, 1402/09/21

##### Expected recruitment end date

2024-08-12, 1403/05/22

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparative effects of cervical traction versus myokinetic stretching technique (MST) on pain, functional disability and grip strength in patients with cervical radiculopathy

#### Public title

comparison of myokinetic stretching technique (MST) and cervical traction on cervical radiculopathy

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

##### Inclusion criteria:

• Individuals with upper-limb pain that had been radiating from their neck for more than three weeks will be studied. • The clinical prediction rule will be used to diagnose the participants which includes four elements out of which, presence of three elements confirm Cervical Radiculopathy diagnosis. It includes, 1. The Spurling test 2. The distraction test 3. The upper limb tension test 4. The ipsilateral cervical rotation less than 60 degrees • Neck disability score <50%

##### Exclusion criteria:

• History of previous cervical or thoracic spine injury • Recent fracture or surgery in and around the shoulder • Any systemic disease • Any comorbid factors such as congenital, malignant, autoimmune, and neurological conditions involving cervical spine and head • Pregnancy

#### Age

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

#### Gender

Both

#### Phase

N/A

#### Groups that have been masked

- Participant
- Outcome assessor

#### Sample size

Target sample size: **48**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

Computer generated random number will be used to randomize subjects into two groups.

#### Blinding (investigator's opinion)

Double blinded

#### Blinding description

It will be a double blinded study in which participant and assessor will be unaware of the treatment patient will be receiving.

#### Placebo

Not used

#### Assignment

Parallel

#### Other design features

#### Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of The University of Lahore

##### Street address

1 km Defence Road, near Bhuptian Chowk, Lahore, Punjab

##### City

Lahore

##### Postal code

54000

#### Approval date

2023-12-12, 1402/09/21

#### Ethics committee reference number

REC-UOL-653-01-2024

## Health conditions studied

### 1

#### Description of health condition studied

Cervical Radiculopathy

#### ICD-10 code

M54.12

#### ICD-10 code description

Radiculopathy, cervical region

## Primary outcomes

### 1

#### Description

pain, functional disability

#### Timepoint

before intervention and 3 weeks after intervention

#### Method of measurement

Visual analog scale, neck disability index

## Secondary outcomes

### 1

#### Description

Grip strength

#### Timepoint

Before intervention and 3 weeks after intervention

#### Method of measurement

Hand dynamometer

## Intervention groups

### 1

#### Description

Intervention group 1: Myokinetic Stretching Technique

#### Category

Rehabilitation

## 2

### Description

Intervention group 2: Cervical Traction

### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Physical therapy department of Ibn e siena Hospital, Multan..

##### Full name of responsible person

Dr. Sajid Rashid

##### Street address

Southern Bypass Jahangirabad, Multan

##### City

Multan

##### Postal code

60000

##### Phone

+92 331 7157977

##### Email

info@ibn-e-siena.org.pk

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

The University of Lahore

##### Full name of responsible person

Prof. Dr. Ashfaq Ahmed

##### Street address

1 km Defence Road, near Bhuptian Chowk, Lahore, Punjab

##### City

Lahore

##### Postal code

54000

##### Phone

+92 42 111 865 865

##### Email

info@uol.edu.pk

##### Web page address

<https://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

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

The University of Lahore

##### Full name of responsible person

Iraj Shoaib

##### Position

Student

##### Latest degree

Master

##### Other areas of specialty/work

Physiotherapy

##### Street address

Chaudhary House near New generation school, Zaid town, Piran ghaib road, Multan

##### City

Multan

##### Province

Punjab

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##### Phone

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## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

The University of Lahore

##### Full name of responsible person

Dr Arooj Fatima

##### Position

Head of Department

##### Latest degree

Ph.D.

##### Other areas of specialty/work

Physiotherapy

##### Street address

1 km Defence Road, near Bhuptian Chowk, Lahore, Punjab

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## Person responsible for updating data

### Contact

**Name of organization / entity**

The University of Lahore

**Full name of responsible person**

Iraj Shoaib

**Position**

Student

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

Chaudhary House near New Generation school, zaid town, piran ghaib road, Multan

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**Province**

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**Postal code**

60000

**Phone**

+92 332 5004605

**Email**

irajshoaib5@gmail.com

## 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**

Undecided - It is not yet known if there will be 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**

Yes - There is a plan to make this available

**Title and more details about the data/document**

Data related to final outcome will be shared by maintaining confidentiality

**When the data will become available and for how long**

Data will be available starting six months after the publication

**To whom data/document is available**

Dr. Arooj Fatima ( corresponding author ) HOD at The University of Lahore

**Under which criteria data/document could be used**

For research purpose

**From where data/document is obtainable**

To the co-author of the study Dr. Arooj Fatima can be contacted on 03414391882. Also on the search engine, you can find my study at <https://scholar.google.com/>

**What processes are involved for a request to access data/document**

Open access and there is traditional public data release where anyone can get access to the data without any registration or conditions. The request will be viewed by director incharge and in case of eligibility, it would be shared in two weeks.

**Comments**

I want randomized clinical trial registration.