Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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

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Pakistan

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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 accessor 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
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Sponsors / Funding sources

1

Sponsor
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The University of Lahore
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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
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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
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.