

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### COMPARATIVE EFFECTS OF POSITION RELEASE THERAPY AND RECIPROCAL INHIBITION ON PIRIFORMIS SYNDROME IN SOCCER PLAYERS

#### Protocol summary

##### Study aim

This study will be investigating the effects of Position release therapy (PRT) and Reciprocal Inhibition of METS in soccer players experiencing pain and discomfort condition. The reason for choosing this theme was basically to find out the appropriate therapeutic techniques by comparing therapy results with other techniques.

##### Design

RCT

##### Settings and conduct

□ United Hospital Faisalabad □ Physio Treats Physical Therapy and rehabilitation center □ In Motion Physical therapy and Rehab Centre □ Pro Health and Rehab

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria □ Participants of age 18-40 were included □ Male athletes were included □ Pain in the buttock □ Pain up to rank 3 on NPRS □ Positive FABER and FAIR test □ Positive Sciatic nerve tension test □ Onset of pain 24-72 hours after provocative activity □ Tenderness over the piriformis muscle □ Patients who are willing to sign the consent form □ Patient must be soccer player at least from 1 year Exclusion Criteria □ Any known vascular condition □ Diagnosed / known psychiatric illness □ Positive SIJ dysfunction criteria □ Positive tests for LBP □ Deformity of the hip joint □ Lumbar Disc Herniation □ Spinal stenosis □ Peripheral neuropathy □ Systemic diseases e.g, hyper/hypotension, diabetes and hypo/hyperthyroidism □ Individual consuming recreational drugs □ Chain kinematic disturbance of whole limb □ Degenerative condition □ Any history of hip trauma or accident (6 months) □ Burn/scar □ Steroidal injection to hip joint □ Diagnosed tumor □ Myofascial pain syndrome

##### Intervention groups

Group A Reciprocal Inhibition Group B Position Release Therapy

##### Main outcome variables

□ Pain □ Hip ROM □ Strength

#### General information

##### Reason for update

##### Acronym

PIRIFORMIS SYNDROME

##### IRCT registration information

IRCT registration number: **IRCT20240526061898N1**

Registration date: **2024-08-01, 1403/05/11**

Registration timing: **retrospective**

Last update: **2024-08-01, 1403/05/11**

Update count: **0**

##### Registration date

2024-08-01, 1403/05/11

##### Registrant information

##### Name

Muhammad Ahsan Ali

##### Name of organization / entity

The University of Faisalabad

##### Country

Pakistan

##### Phone

+92 303 8301956

##### Email address

2022-ms-pt-052@tuf.edu.pk

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2024-02-17, 1402/11/28

##### Expected recruitment end date

2024-05-17, 1403/02/28

##### Actual recruitment start date

2024-02-17, 1402/11/28

##### Actual recruitment end date

2024-05-17, 1403/02/28

##### Trial completion date

2024-05-17, 1403/02/28

## Scientific title

COMPARATIVE EFFECTS OF POSITION RELEASE THERAPY AND RECIPROCAL INHIBITION ON PIRIFORMIS SYNDROME IN SOCCER PLAYERS

## Public title

COMPARATIVE EFFECTS OF POSITION RELEASE THERAPY AND RECIPROCAL INHIBITION ON PIRIFORMIS SYNDROME IN SOCCER PLAYERS

## Purpose

Health service research

## Inclusion/Exclusion criteria

### Inclusion criteria:

Patients who are willing to sign the consent form Onset of pain 24-72 hours after provocative activity Pain in the buttock Pain up to rank 3 on NPRS Positive FABER and FAIR test Positive Sciatic nerve tension test Tenderness over the piriformis muscle

### Exclusion criteria:

Any known vascular condition Diagnosed / known psychiatric illness Positive SIJ dysfunction criteria Positive tests for LBP Deformity of the hip joint Lumbar Disc Herniation Spinal stenosis Peripheral neuropathy Systemic diseases e.g, hyper/hypotension, diabetes and hypo/hyperthyroidism Individual consuming recreational drugs Chain kinematic disturbance of whole limb Degenerative condition Any history of hip trauma or accident (6 months) Burn/scar Steroidal injection to hip joint Diagnosed tumor Myofascial pain syndrome

## Age

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

## Gender

Male

## Phase

N/A

## Groups that have been masked

- Participant

## Sample size

Target sample size: **20**

Actual sample size reached: **20**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Participants were allocated into two groups by using lottery method.

## Blinding (investigator's opinion)

Single blinded

## Blinding description

people who are being invited to take part and grouped in intervention groups after giving informed consent

## Placebo

Not used

## Assignment

Parallel

## Other design features

RCT, Single blinded, Multi setting

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

The university of Faisalabad

##### Street address

The university of faisalabad, faisal town west canal road faisalabad

##### City

Faisalabad

##### Postal code

38000

#### Approval date

2024-02-17, 1402/11/28

#### Ethics committee reference number

TUF/Addl Reg/SB/782

## Health conditions studied

### 1

#### Description of health condition studied

Piriformis Syndrome

#### ICD-10 code

M54.3

#### ICD-10 code description

Sciatica

## Primary outcomes

### 1

#### Description

Pain

#### Timepoint

Pre treatment and after every treatment session

#### Method of measurement

NPRS

### 2

#### Description

ROM

#### Timepoint

Pre treatment and after every week

#### Method of measurement

Goniometer

### 3

#### Description

MMT

#### Timepoint

Pre treatment and post of last treatment session

#### Method of measurement

MMT

## Secondary outcomes

1

**Description**

Function

**Timepoint**

Pre treatment and post of last treatment session

**Method of measurement**

LEFS

**Intervention groups**

1

**Description**

Intervention group:

**Category**

Rehabilitation

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

Physio Treats Physical Therapy and rehabilitation center

**Full name of responsible person**

Muhammad Ahsan Ali

**Street address**

Shop no 119-120 Makkah Commercial Market 208  
Chak road Faisalabad

**City**

Faisalabad

**Postal code**

38000

**Phone**

+92 303 8301956

**Email**

chahsan247@gmail.com

2

**Recruitment center**

**Name of recruitment center**

In Motion Physical Therapy and Rehab Centre

**Full name of responsible person**

Muhammad Ahsan Ali

**Street address**

Aziz fatimah road faisalabad

**City**

Faisalabad

**Postal code**

38000

**Phone**

+92 303 8301956

**Email**

chahsan247@gmail.com

**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**

The university of faisalabad

**Full name of responsible person**

Muhammad Ahsan Ali

**Street address**

Faisal town west canal road faisalabad

**City**

Faisalabad

**Postal code**

38000

**Phone**

+92 303 8301956

**Email**

chahsan247@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**

The university of faisalabad

**Full name of responsible person**

Muhammad Ahsan Ali

**Position**

Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Physiotherapy

**Street address**

Faisal town west canal road faisalabad

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**Province**

Punjab

**Postal code**

38000

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**Email**

2022-ms-pt-052@tuf.edu.pk

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

The university of faisalabad

**Full name of responsible person**

Muhammad Ahsan Ali

**Position**

Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Physiotherapy

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## Person responsible for updating data

### Contact

**Name of organization / entity**

the university of faisalabad

**Full name of responsible person**

Muhammad Ahsan Ali

**Position**

student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Physiotherapy

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**City**

faisalabad

**Province**

punjab

**Postal code**

38000

**Phone**

+92 303 8301956

**Email**

chahsan247@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**

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

Undecided - It is not yet known if there will be a plan to make this available

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

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

After Publication, lifetime

**To whom data/document is available**

Researcher, students , health care providers

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

Academic/ research/ rehabilitation

**From where data/document is obtainable**

Public Databases, Academic and Research Institutions

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

Identifying the Data/Document Needed

**Comments**