

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

EFFECTIVENESS OF PROPRIOCEPTIVE PARADIGM IN ADDITION TO STRENGTH TRAINING PROGRAM IN CERVICAL RADICULOPATHY

Protocol summary

Study aim

The objective of this study is to investigate the effectiveness of Proprioceptive paradigm in addition to strength training program on pain, functional disability, and cervical proprioception in the treatment of Cervical Radiculopathy patients.

Design

Parallel group Randomised Control trial with double blinded study.

Settings and conduct

Physical Therapy Department of Allama Iqbal Teaching Hospital D. G. Khan, Outpatient Clinics.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Age between 30-55 years. Both male and females are included. Patients with pain or numbness of one or both arms. Duration of symptoms is from more than 3 months. Exclusion Criteria: Past fracture or surgery in cervical spine. Deformity of the spine. Inflammatory rheumatologic disease.

Intervention groups

Group A (Experimental group) patients were received proprioception training paradigm (eye head coupling based rehabilitation program) described by Revel M in the cervical region along with myofascial release or soft tissue release for 20 minutes as well as a strength training program for 10 minutes and patients in group B (Control group) were received only the same specific strength training program for 30 minutes.

Main outcome variables

1. Pain 2. Functional Disability 3. Cervical Proprioception (ROM) Treatment outcomes such as pain, disability and proprioception were determined from the following scales: scores of Neck Pain from VAS and Scores for functional disability from Neck Disability Index (NDI) as a self-reported measure while for Proprioception Head Position Accuracy, a laser beam device/ Laser Pointer device (LPD) was used

General information

Reason for update

Acronym

PP

IRCT registration information

IRCT registration number: **IRCT20240513061777N1**

Registration date: **2024-08-02, 1403/05/12**

Registration timing: **retrospective**

Last update: **2024-08-02, 1403/05/12**

Update count: **0**

Registration date

2024-08-02, 1403/05/12

Registrant information

Name

Ufaq Hafeez

Name of organization / entity

University of lahore

Country

Pakistan

Phone

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Email address

ufaqansari2014@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-01-01, 1402/10/11

Expected recruitment end date

2024-01-21, 1402/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

EFFECTIVENESS OF PROPRIOCEPTIVE PARADIGM IN ADDITION TO STRENGTH TRAINING PROGRAM IN CERVICAL RADICULOPATHY

Public title

Proprioceptive Paradigm in addition to strength training program in cervical radiculopathy.

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Age between 30-55 years. Both male and female.
Patients with pain or numbness of one or both arms.
Duration of symptoms is from more than 3 months.
Patients from both genders are diagnosed according to a careful clinical evaluation by the neurologist and diagnosis were confirmed radiologically by MRI and X-ray findings of the cervical spine. To confirm the diagnosis of CR in addition to X-ray and MRI, Spurling test, upper limb tension test can also be used (Wang, 2022) All patients are medically and psychologically stable (Kamal et al.).

Exclusion criteria:

Past fracture or surgery in cervical spine. Deformity of the spine. Inflammatory rheumatologic disease. Vertebro basilar artery insufficiency. Malignancy. Cervical myelopathy. Cervical myelo-radiculopathy.

Age

From **30 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Outcome assessor

Sample size

Target sample size: **56**

Randomization (investigator's opinion)

Randomized

Randomization description

Subjects were than randomized into two groups of equivalent number (study and control group) utilizing a secure method of opaque closed envelopes that is then assigned as group A (study) and group B (control).

Blinding (investigator's opinion)

Double blinded

Blinding description

It was double blinded study in which the subject (participant) and accessor were be blinded of the treatment provided in either group.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committee of Faculty of Allied Health Sciences The University of Lahore

Street address

House 7, Street 2, T Block New Multan

City

Multan

Postal code

60650

Approval date

2023-12-12, 1402/09/21

Ethics committee reference number

REC-UOL-655-01-2024

Health conditions studied

1

Description of health condition studied

Cervical Radiculopathy

ICD-10 code

M50.1

ICD-10 code description

Cervical disc disorder with radiculopathy

Primary outcomes

1

Description

Pain

Timepoint

Pre-treatment and Post-treatment

Method of measurement

Visual Analog Scale

Secondary outcomes

1

Description

Functional Disability

Timepoint

pre-treatment and Post-treatment

Method of measurement

NDI

2

Description

ROM

Timepoint

Pre-treatment and Post-treatment

Method of measurement

Laser Pointer Device

Intervention groups

1

Description

Intervention group: Proprioceptive Training Paradigm, Hot pack, TENS, Myofascial Release, Strength Training

Category

Rehabilitation

2

Description

Control group: Hot pack, TENS, Myofascial Release, Strength Training

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Allama Iqbal Teaching Hospital Dera ghazi khan

Full name of responsible person

Dr. Javeed Iqbal

Street address

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City

Dera Ghazi Khan

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xcv678b@gmail.com

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 Defense Road, near Bhuptian Chowk Lahore, Punjab

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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?

No

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

Ufaq Hafeez

Position

Physiotherapist

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Position
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Other areas of specialty/work
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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

No - There is not 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

Effectiveness of Proprioceptive paradigm

When the data will become available and for how long

when published

To whom data/document is available

working in academic institution

Under which criteria data/document could be used

cannot be used

From where data/document is obtainable

Online website

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

Sufficient information of applicant who want to access and why they want access

Comments