

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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

+92 61 4552420

##### 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 assessor 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

Allama Iqbal Teaching Hospital Dera Ghazi khan

#### City

Dera Ghazi Khan

#### Postal code

32200

#### Phone

+92 303 5750338

#### Email

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

#### 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?

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

#### Street address

House 7, Street 2, T Block New Multan

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ufaqansari2014@gmail.com

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

University Of Lahore

#### Full name of responsible person

Iqra Waseem

#### Position

Assistant Professor

#### Latest degree

Master

#### Other areas of specialty/work

Physiotherapy

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University of Lahore Punjab Pakistan

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## Person responsible for updating data

### Contact

**Name of organization / entity**  
University of lahore  
**Full name of responsible person**  
Ufaq Hafeez  
**Position**  
Student  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Physiotherapy  
**Street address**  
House 7, Street 2, T Block New Multan  
**City**  
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**Province**  
Punjab  
**Postal code**  
60650  
**Phone**  
+92 61 4552420  
**Fax**  
**Email**  
ufaqansari2014@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

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