Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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

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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
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
The University of Lahore
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Prof. Dr Ashfaq Ahmed
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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

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

Comments