

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparative Effects of Mulligan Mobilization with movement and compression pain release phenomenon on pain, Range of motion(ROM), and functional abilities in patients with Patellofemoral pain syndrome

Protocol summary

Study aim

Comparing the effects of two techniques on Patellofemoral pain syndrome

Design

Randomization, Parallel, single blind, randomised clinical trial

Settings and conduct

Allied hospital, Faisal Hospital, Mujahid Hospital

Participants/Inclusion and exclusion criteria

inclusion(age 25 to 45) exclusion (knee bursitis)

Intervention groups

Two interventional groups are made named as group A which is Mulligan Mobilization with movement and Group B which is Compression Pain release phenomenon

Main outcome variables

knee pain, Range of motion, functional limitations

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240715062439N1**

Registration date: **2024-08-08, 1403/05/18**

Registration timing: **retrospective**

Last update: **2024-08-08, 1403/05/18**

Update count: **0**

Registration date

2024-08-08, 1403/05/18

Registrant information

Name

Aabroo Zafar

Name of organization / entity

The University of Faisalabad

Country

Pakistan

Phone

+92 41 4142222

Email address

aabroo906930@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-03-10, 1402/12/20

Expected recruitment end date

2024-04-06, 1403/01/18

Actual recruitment start date

2024-03-10, 1402/12/20

Actual recruitment end date

2024-04-06, 1403/01/18

Trial completion date

2024-04-06, 1403/01/18

Scientific title

Comparative Effects of Mulligan Mobilization with movement and compression pain release phenomenon on pain, Range of motion(ROM), and functional abilities in patients with Patellofemoral pain syndrome

Public title

Effect of techniques in patients with Patellofemoral pain syndrome

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

Confirmed diagnosis of patellofemoral pain syndrome
Who has had unilateral Anterior knee pain for more than two months Reported pain levels more than 3 on the numerical pain rating scale during two separate activities
Both male and female Age 25 to 45 years

Exclusion criteria:

People who had meniscus tears Knee bursitis
Ligamentous injuries of knee joint Knee joint
degeneration Patellofemoral dislocation Frequent
subluxation Pregnant women

Age

From **25 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **34**

Actual sample size reached: **34**

Randomization (investigator's opinion)

Randomized

Randomization description

Method of randomization is simple, Unit of randomization is individual, Tools used in randomization are computer software , Individuals were randomly allocated in two intervention groups A and B.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this study blinding of participants is done, so it is single blinding study, participants were cared by physiotherapist during data collection

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 Faisalabad

Street address

West canal road, faislabad

City

Faisalabad

Postal code

37610

Approval date

2024-02-17, 1402/11/28

Ethics committee reference number

TUF/DR/SA/MSPP/2024/412

Health conditions studied

1

Description of health condition studied

Patellofemoral pain syndrome

ICD-10 code

M22.2

ICD-10 code description

Patellofemoral disorders

Primary outcomes

1

Description

Knee pain: Patellofemoral pain syndrome

Timepoint

Before intervention and 4 weeks after intervention

Method of measurement

Visual analogue scale

Secondary outcomes

1

Description

Knee ROM (Flexion) and Functional limitations

Timepoint

Before intervention and after 4 weeks of intervention

Method of measurement

Goniometer and Lower extremity functional scale

Intervention groups

1

Description

Intervention group: A

Category

Treatment - Other

2

Description

Intervention group: B

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Allied Hospital

Full name of responsible person

Sobia Nawaz

Street address

Dr.Tusi Rd, Faisalabad

City

Faisalabad

Postal code

48101

Phone
+92 41 9210095
Fax
Email
alliedhospitalfsd@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
The University of Faisalabad
Full name of responsible person
Adeera Azam
Street address
West canal road, Faisalabad
City
Faisalabad
Postal code
38000
Phone
+92 300 7905535
Email
adeera.azam@tuf.edu.pk
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
Adeera Azam
Position
Professor
Latest degree
Master
Other areas of specialty/work
Physiotherapy
Street address
West canal road, Faisalabad
City
Faisalabad
Province

Punjab
Postal code
38000
Phone
+92 300 7905535
Email
adeera.azam@tuf.edu.pk

Person responsible for scientific inquiries

Contact

Name of organization / entity
Superior University of Faisalabad
Full name of responsible person
Nowal Nasir
Position
Professor
Latest degree
Master
Other areas of specialty/work
Physiotherapy
Street address
Chak 75 GB, faisalabad
City
Faisalabad
Province
Punjab
Postal code
38000
Phone
+92 300 7905535
Email
nowalnasir9@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
The University of Faisalabad
Full name of responsible person
Aabroo Zafar
Position
Student
Latest degree
Master
Other areas of specialty/work
Physiotherapy
Street address
West canal road
City
Faisalabad
Province
Punjab
Postal code
38000
Phone
+92 300 7905535
Email
aabroo906930@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

Yes - There is 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

Yes - There is 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

Comparative effects of mulligan mobilization with

movement and compression pain release phenomenon on pain, Range of motion and functional abilities in patients with patellofemoral pain syndrome

When the data will become available and for how long

Starting in March 2024 and data will be available for everyone

To whom data/document is available

This will be available for everyone

Under which criteria data/document could be used

nowalnasir9@gmail.com 0092 3016045532

From where data/document is obtainable

aabroo906930@gmail.com 0092 3214142222

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

Any applicant just need to contact for data/file contact through email at aabroo906930@gmail.com

Comments