Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
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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

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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

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Sponsors / Funding sources

1

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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
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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
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