Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Thoracic mobilization versus sling-based thoracic active exercises on pain, function and quality of life in patients with non-specific neck pain

Protocol summary

Study aim
To find out the effects of thoracic mobilization with and without sling based thoracic active exercises on pain, function and quality of life in patients with non-specific neck pain.

Design
It is a Randomized controlled trial. Sample size is estimated to be 44 i.e: 22 in each group. After adding drop out rate the sample size is 52 i.e: 26 in each group. There are two groups namely group A and group B. Group A will receive sling-based thoracic active exercises with thoracic mobilization and cervical manual therapy for 4 weeks while geoup B will receive thoracic mobilization and cervical manual therapy for 4 weeks. Data will be collected at 3 intervals i.e: 0 week (baseline), 2nd week and 4th week (after completion of treatment) from both groups. Participants will be allocated to the groups randomly by using lottery method to minimize bias. It is a single blinded study, accessor is blinded. Study is conducted at Physiotherapy department of University of Lahore Teaching Hospital Lahore.

Settings and conduct
University of Lahore Teaching Hospital Physiotherapy department. It is a single blinded study, assessor will be blinded.

Participants/Inclusion and exclusion criteria
Inclusion Criteria: 20-45 years old, Both males and females are included, diagnosed patients of non-specific neck pain, NDI score equal to or more than 24 Exclusion Criteria: The presence of neurological signs and symptoms, previous surgical history related to spine or neck, Currently undergoing any injection treatment to reduce pain, Neurological issues, Pregnancy, Cardiac disease , Active infection

Intervention groups
Group A: sling-based thoracic active exercises with thoracic mobilization and cervical manual therapy Group B: thoracic mobilization and cervical manual therapy

Main outcome variables
Pain Function Quality of life

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20240518061828N1**
Registration date: **2024-08-27, 1403/06/06**
Registration timing: **retrospective**

Last update: **2024-08-27, 1403/06/06**
Update count: **0**

Registration date
2024-08-27, 1403/06/06

Registrant information

Name
Samer Zehra

Name of organization / entity
The University of Lahore

Country
Pakistan

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+92 42 111 865 865

Email address
Samkazmi1111@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-02-15, 1402/11/26

Expected recruitment end date
2024-08-01, 1403/05/11

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Thoracic mobilization versus sling-based thoracic active exercises on pain, function and quality of life in patients with non-specific neck pain

Public title

Thoracic mobilization versus sling-based thoracic active exercises on pain, function and quality of life in patients with non-specific neck pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

20-45 years old Both male and female Diagnosed with non-specific neck pain NDI score is equal to or more than 24

Exclusion criteria:

The presence of neurological signs and symptoms Previous surgical history related to spine or neck Currently undergoing any injection treatment to reduce pain Neurological issues Pregnancy Cardiac disease Active infection

Age

From **20 years** old to **45 years** old

Gender

Both

Phase

0

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **52**

Randomization (investigator's opinion)

Randomized

Randomization description

After screening, all the participants will be randomly allocated into 2 groups through lottery method: Group A (Experimental group: Sling based thoracic active exercise + thoracic mobilization + cervical manual therapy) and Group B (Control group: Thoracic mobilization + cervical manual therapy)

Blinding (investigator's opinion)

Single blinded

Blinding description

In a single-blinded study where the assessor is blind, the person evaluating the outcomes or measurements of the study participants is unaware of which participants belong to the control group and which belong to the experimental group. This helps to prevent bias in the assessment of the outcomes

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethical committee of the University of Lahore

Street address

1-Km Defence Road، near Bhuptian Chowk، Lahore, Punjab

City

Lahore

Postal code

54000

Approval date

2024-05-06, 1403/02/17

Ethics committee reference number

REC-UOL-/130/80/24

Health conditions studied

1

Description of health condition studied

Non-specific neck pain

ICD-10 code

M54.2

ICD-10 code description

Cervicalgia

Primary outcomes

1

Description

Pain

Timepoint

Before intervention, 2 week and 4th Week (after intervention)

Method of measurement

Numeric pain rating scale

2

Description

Function

Timepoint

Before intervention, 2 week and 4th Week (after intervention)

Method of measurement

Neck disability index

3

Description

Quality of life

Timepoint

Before intervention, 2 week and 4th Week (after intervention)

Method of measurement

SF-36 Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Thoracic mobilization with sling-based thoracic active exercises group and cervical manual therapy

Category

Treatment - Other

2

Description

Control group:Thoracic mobilization and cervical manual therapy

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

University of Lahore Teaching Hospital

Full name of responsible person

Dr. Iqra Waseem

Street address

1-Km Defence Road، near Bhuptian Chowk، Lahore, Punjab

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

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

University of Lahore

Full name of responsible person

Samer Zehra

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
Due to confidentiality issues

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
No - There is not a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available