

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### MECHANICAL CERVICAL TRACTION WITH AND WITHOUT SNAGS ON PAIN, FUNCTIONAL DISABILITY AND QUALITY OF LIFE AMONG PATIENTS WITH MECHANICAL NECK PAIN

#### Protocol summary

##### Study aim

The main aim of this study is to determine the effects of mechanical cervical traction with and without sustained natural apophyseal glides (SNAGs) on pain, functional disability and quality of life among patients with mechanical neck pain.

##### Design

It will be single blinded study, in which the accessor will be unaware of the treatment group.

##### Settings and conduct

The data will be collected from the University of Lahore Teaching Hospital. The study population will be consisted of patients with mechanical neck pain.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: •Both male and female academic staff of University of Lahore. •Patients with NPRS score between 3 and 6 for more than three months. •Patients with screen time greater than 6 hours per day. Exclusion criteria: •Degenerative diseases ( inflammatory arthritis, osteoporosis, osteoarthritis) •Recent weight loss and history of tumor around neck. •Patient taking anticoagulants. •History of neck trauma due to RTA, fall or other accidents. •Recent fracture or dislocation. •Previous surgery of cervical and upper thoracic spine. •Pregnant females.

##### Intervention groups

Intervention Group A: Mechanical cervical traction with SNAGS and routine physical therapy to check how it influence the pain, functional disability and quality of life. Group B: mechanical cervical traction and routine physical therapy will be provided to the patients

##### Main outcome variables

Numeric Pain Rating Scale for Pain Neck Disability Index for Functional Disability Short Form -36 for Quality of Life.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20240808062691N1**

Registration date: **2024-08-21, 1403/05/31**

Registration timing: **registered\_while\_recruiting**

Last update: **2024-08-21, 1403/05/31**

Update count: **0**

##### Registration date

2024-08-21, 1403/05/31

##### Registrant information

##### Name

Ayesha Naeem

##### Name of organization / entity

The University of Lahore

##### Country

Pakistan

##### Phone

+92 42 35450222

##### Email address

ayeshawahab60@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2024-03-21, 1403/01/02

##### Expected recruitment end date

2024-09-03, 1403/06/13

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

### Scientific title

MECHANICAL CERVICAL TRACTION WITH AND WITHOUT SNAGS ON PAIN, FUNCTIONAL DISABILITY AND QUALITY OF LIFE AMONG PATIENTS WITH MECHANICAL NECK PAIN

### Public title

Mechanical cervical traction with and without SNAGS among patients with mechanical neck pain

### Purpose

Treatment

### Inclusion/Exclusion criteria

#### Inclusion criteria:

Patient of both genders with age from 25-40 years. Patients with NPRS score between 3 and 6 for more than three months. Patients with screen time greater than 6 hours per day.

#### Exclusion criteria:

Patients with degenerative diseases ( inflammatory arthritis, osteoporosis, osteoarthritis) Recent weight loss and history of tumor around neck. Patient taking anticoagulants. History of neck trauma due to RTA, fall or other accidents. Recent fracture or dislocation. Previous surgery of cervical and upper thoracic spine. Pregnant females.

### Age

From **25 years** old to **40 years** old

### Gender

Both

### Phase

N/A

### Groups that have been masked

- Outcome assessor

### Sample size

Target sample size: **70**

### Randomization (investigator's opinion)

Randomized

### Randomization description

The lottery method of randomization will be used to divide the participants into experimental group and control group.

### Blinding (investigator's opinion)

Single blinded

### Blinding description

This study is a single blinded study in which outcome assessor will be unaware of the treatment group.

### Placebo

Not used

### Assignment

Parallel

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Research Ethics Committee Faculty of Allied Health Sciences The University of Lahore

##### Street address

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

##### City

Lahore

##### Postal code

54000

#### Approval date

2024-03-08, 1402/12/18

#### Ethics committee reference number

REC-UOL-/131/8/24

## Health conditions studied

### 1

#### Description of health condition studied

Mechanical neck pain

#### ICD-10 code

M54.2

#### ICD-10 code description

Cervicalgia ( mechanical neck pain)

## Primary outcomes

### 1

#### Description

pain

#### Timepoint

Before intervention and at the 2nd and 4th weeks after intervention

#### Method of measurement

Numeric pain rating scale (NPRS)

### 2

#### Description

Functional disability

#### Timepoint

Before intervention and at the 2nd and 4th weeks after intervention

#### Method of measurement

Neck Disability Index (NDI)

### 3

#### Description

Quality Of Life

#### Timepoint

Before intervention and at the 2nd and 4th weeks after intervention

#### Method of measurement

36-Item Short Form Survey (SF-36)

## Secondary outcomes

empty

## Intervention groups

1

### Description

Intervention group: this group will receive mechanical cervical traction with SNAGs and routine physical therapy

### Category

Treatment - Devices

2

### Description

Control group: this group will receive mechanical cervical traction with routine physical therapy

### Category

Treatment - Devices

## Recruitment centers

1

### Recruitment center

#### Name of recruitment center

The University of Lahore Teaching Hospital

#### Full name of responsible person

Dr. Asim Arif

#### Street address

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

#### City

Lahore

#### Postal code

54000

#### Phone

+92 335 1450137

#### Email

asim.arif@uip.t.uol.edu.pk

#### Web page address

<https://uol.edu.pk/>

## Sponsors / Funding sources

1

### Sponsor

#### Name of organization / entity

The University of Lahore

#### Full name of responsible person

Ayesha Naeem

#### Street address

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

#### City

Lahore

#### Postal code

54000

#### Phone

+92 318 4002992

#### Email

ayeshawahab60@gmail.com

#### Grant name

none

#### Grant code / Reference number

N/A

#### Is the source of funding the same sponsor organization/entity?

No

#### Title of funding source

none

#### 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

Ayesha Naeem

#### Position

Student

#### Latest degree

Master

#### Other areas of specialty/work

Physiotherapy

#### Street address

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

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## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

The University of Lahore

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#### Latest degree

Master

**Other areas of specialty/work**

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**Person responsible for updating data**

**Contact**

**Name of organization / entity**

The University of Lahore

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student

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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**

Undecided - It is not yet known if there will be 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**

Demographic data and data related to final outcome will be shared by maintaining the confidentiality.

**When the data will become available and for how long**

Data will be available after the publication of findings till six months

**To whom data/document is available**

Ayesha Naeem

**Under which criteria data/document could be used**

for research purpose only

**From where data/document is obtainable**

To the corresponding author of the study, Ayesha Naeem and can contact on +923184002992, ayeshawahab60@gmail.com

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

Open access and there is the traditional public data release where anyone can get access to the data.

**Comments**