Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

MECHNICAL 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
MECHNICAL 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
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+92 335 1450137
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
The University of Lahore
Full name of responsible person
Ayesha Naeem
Street address
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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
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Person responsible for updating data

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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 confidentially.

When the data will become available and for how long
Data will be available after the publication of findings till six moths

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