

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Effects of Deep Transverse Friction Massage along with the Nerve Gliding Exercises in the management of Carpal Tunnel Syndrome patients

Protocol summary

Study aim

To determine the effect of deep transverse friction massage along with the nerve gliding exercises in the management of carpal tunnel syndrome patients

Design

A Randomized Clinical Trial with two groups, not a blinded study of 3rd phase with 11 patients in each group, which is 22 in total

Settings and conduct

Mujahid Hospital, Social Security Hospital, District Health Quarter Hospital

Participants/Inclusion and exclusion criteria

positive Phalen's test, positive Tinel test, positive Duncan's test, both genders of patients with unilateral hand, age 20 to 40, moderate pain(4-7), No neurovascular surgery, No neurovascular condition of neck or upper limb, No neurological condition, No musculoskeletal problem of upper quadrant, No myofascial pain syndrome, No upper extremity trauma, No pain with orthopedic condition, No fracture, No post-traumatic stiffness, No osteoarthritis pain, Not pregnant, No diabetes mellitus

Intervention groups

group A: TENS, Nerve gliding exercises, soft tissue massage Group B: TENS, nerve gliding exercises

Main outcome variables

Pain, Wrist ROM, The Grip Strength, Functional Disability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240528061934N1**

Registration date: **2024-09-21, 1403/06/31**

Registration timing: **retrospective**

Last update: **2024-09-21, 1403/06/31**

Update count: **0**

Registration date

2024-09-21, 1403/06/31

Registrant information

Name

Aemen Abid

Name of organization / entity

The University of Faisalabad

Country

Pakistan

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-02-17, 1402/11/28

Expected recruitment end date

2024-05-30, 1403/03/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Deep Transverse Friction Massage along with the Nerve Gliding Exercises in the management of Carpal Tunnel Syndrome patients

Public title

Effects of Deep Transverse Friction Massage on Carpal Tunnel Patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Confirmed diagnosis of Carpal Tunnel Syndrome by Positive Phalen’s test Positive tincl test, Positive Duncan’s test Both gender of patients with unilateral involvement of hand with age 20 to 40. At least moderate pain (4-7), according to VAS scale (60)4. Patients willing to participate in the study Patients willing to participate in the study. Exclusion criteria: Patients with neurovascular surgery or neurovascular condition of the neck or upper limb other than carpal tunnel syndrome Patients with Neurological conditions include (cervical radiculopathy cervical myelopathy, musculoskeletal problems of the upper quadrant (such as rheumatoid arthritis, fibromyalgia Myofascial pain syndrome including pain referred to the hand) or recent upper extremity trauma on the affected Side were excluded. Pain with the orthopaedic condition, fractures, post traumatic stiffness of wrist, wrist pain due to osteoarthritis Pregnancy, postoperative scenario of carpal tunnel syndrome, postsurgical wrist numbness and patients with thyroid complications are all conditions that may be associated with carpal tunnel syndrome .6. Diabetic mellitus patients were excluded from the study Age From 20 years old to 40 years old Gender Both Phase 3 Groups that have been masked No information Sample size Target sample size: 22 More than 1 sample in each individual Number of samples in each individual: 11 Eleven Randomization (investigator's opinion) Randomized Randomization description Simple random sampling was used to allocate patients. The list of individuals was generated through online randomization generator. According to the list patients were assigned into group 1 and group 2 Blinding (investigator's opinion) Not blinded Blinding description Placebo Not used Assignment Parallel Other design features	Name of ethics committee Research and Ethics/ Technical committee for the University of Faisalabad Street address University Avenue, Faisal Town Canal Road, Faisalabad, Punjab City Faisalabad Postal code 38000 Approval date 2024-02-17, 1402/11/28 Ethics committee reference number TUF/DR/SA/MSPP/2024/420 Health conditions studied 1 Description of health condition studied Carpal Tunnel Syndrome ICD-10 code ICD-10 code description Primary outcomes 1 Description Pain Timepoint Before intervention and at the end of 6 weeks of intervention Method of measurement Visual Analog Scale will be used 2 Description Wrist ROM Timepoint Before intervention and at the end of 6 weeks of intervention Method of measurement Goniometer will be used 3 Description The Grip Strength Timepoint Before intervention and at the end of 6 weeks of intervention Method of measurement Handheld Dynamometer will be used
Secondary Ids empty Ethics committees 1 Ethics committee	Secondary outcomes 1 Description Functional Disability

Timepoint

Before intervention and at the end of 6 weeks of intervention

Method of measurement

Boston Carpal Tunnel Questionnaire will be used

Intervention groups**1****Description**

Intervention group:

Category

Treatment - Devices

2**Description**

Intervention group:

Category

Treatment - Devices

Recruitment centers**1****Recruitment center****Name of recruitment center**

Mujahid Hospital

Full name of responsible person

Maryam Safdar

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

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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****Name of organization / entity**

The University of Faisalabad

Full name of responsible person

Aemen Abid

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

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Full name of responsible person

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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

No - There is not 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

Effects of deep transverse friction massage along with
nerve gliding exercises in the management of carpal
tunnel syndrome patients

When the data will become available and for how long

starting six months after publication and it will remain
available for everyone

To whom data/document is available

this will be available for everyone

Under which criteria data/document could be used

asst.prof.rehab.689@tuf.edu.pk Mobile number 0092 321
7978088

From where data/document is obtainable

aimenmalik61@yahoo.com Mobile number 0092 322
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What processes are involved for a request to access data/document

Any applicant just need to contact for data/file contact
through email at aimenmalik61@yahoo.com

Comments