

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effectiveness Of Dry Cupping Therapy With And Without Thoracic Mobilization On Pain And Functional Status Among Low Back Pain Patients

Protocol summary

Study aim

To compare the Effectiveness of dry cupping therapy with and without thoracic mobilization among low back pain patients:

Design

Randomized Clinical Trials (RCT).

Settings and conduct

4.2: Settings: Lahore Physiotherapy and Rehabilitation Center, Bahria International Hospital, (Lahore). 4.3: Study Duration: Within nine months of the synopsis being approved, the study will be finished.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: ● 18-59 years of age (40) ● Both male and female (40) ● If the participant is having pain in the spine for the duration of more than 3 months but not radiating to the leg (28) ● Any participant who has complain of pain on a scale of 3 to 8 (moderate to severe) according to the NPRS (28) 4.6.2: Exclusion Criteria: ● If any participants has planned any flights for the next two months (28) ● Already treated with cupping therapy. (28) ● If any individual is receiving physical therapy interventions (41) ● Any individual with psychological or neurological disorders ● Any individual who are at risk of falls or having visual or auditory discrepancies ● Any participant who can't receive cupping therapy (e.g. open wound, skin infections) (41) ● Any individual with disorders of spine or spinal cord (e.g. fractures, infection or tumors) (40) ● Sacroiliac joint dysfunctioning

Intervention groups

Participants were randomly allocated into two groups (Group A: Dry cupping therapy group with mobilization, Group B: Dry cupping therapy without mobilization). Both groups received routine physical therapy which includes 15 minutes of heat therapy.

Main outcome variables

1. Pain (Numeric Pain Rating Scale) 2. Physical Function

(Oswestry Low Back Pain Disability Index Questionnaire)
3. Quality of Life (WHOQOL-BREF)

General information

Reason for update

Acronym

EDCTWWTMPFSALBPP

IRCT registration information

IRCT registration number: **IRCT20250415065342N1**

Registration date: **2025-04-25, 1404/02/05**

Registration timing: **registered_while_recruiting**

Last update: **2025-04-25, 1404/02/05**

Update count: **0**

Registration date

2025-04-25, 1404/02/05

Registrant information

Name

Mirza Usman Baig

Name of organization / entity

Lahore Physiotherapy and Rehabilitation Center

Country

Pakistan

Phone

+92 309 7759756

Email address

usmanbaig513@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-04-16, 1404/01/27

Expected recruitment end date

2025-06-11, 1404/03/21

Actual recruitment start date

2025-04-16, 1404/01/27
Actual recruitment end date
2025-06-11, 1404/03/21
Trial completion date
2025-06-12, 1404/03/22

Scientific title
Effectiveness Of Dry Cupping Therapy With And Without Thoracic Mobilization On Pain And Functional Status Among Low Back Pain Patients

Public title
Effectiveness Of Dry Cupping Therapy With And Without Thoracic Mobilization On Pain And Functional Status Among Low Back Pain Patients

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
18-59 years of age (40) Both male and female If the participant is having pain in the spine for the duration of more than 3 months but not radiating to the leg (28) Any participant who has complain of pain on a scale of 3 to 8 (moderate to severe) according to the NPRS (28)

Exclusion criteria:
If any participants has planned any flights for the next two months Sacroiliac joint dysfunctioning Any individual with disorders of spine or spinal cord (e.g. fractures, infection or tumors) Any participant who can't receive cupping therapy (e.g. open wound, skin infections) Any individual who are at risk of falls or having visual or auditory discrepancies Any individual with psychological or neurological disorders If any individual is receiving physical therapy interventions Already treated with cupping therapy

Age
From **18 years** old to **59 years** old

Gender
Both

Phase
1-2

Groups that have been masked

- Investigator

Sample size
Target sample size: **52**
More than 1 sample in each individual
Number of samples in each individual: **26**
DRY CUPPING THERAPY WITH AND WITHOUT THORACIC MOBILIZATION
Actual sample size reached: **52**
More than 1 sample in each individual
Actual sample size in each individual: **26**
DRY CUPPING THERAPY WITH AND WITHOUT THORACIC MOBILIZATION

Randomization (investigator's opinion)
Randomized

Randomization description
Purposive sampling, also known as judgmental or selective sampling, is a non-probability sampling technique where researchers intentionally select participants based on their specific characteristics,

knowledge, or experiences that are relevant to the research question.

Blinding (investigator's opinion)
Single blinded

Blinding description
The investigator is blinded. Everyone knows the treatment except the investigator.

Placebo
Not used

Assignment
Crossover

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee

Name of ethics committee
The University of Lahore

Street address
1-Km Defence Road,, near Bhuptian Chowk,, Lahore

City
Lahore

Postal code
54000

Approval date
2024-10-10, 1403/07/19

Ethics committee reference number
UIPT/201/630//2024

Health conditions studied

1

Description of health condition studied

Health condition studies encompass research investigating various aspects of diseases and health conditions, including their causes, prevention, diagnosis, and treatment. These studies can be broadly categorized into clinical trials, observational studies, and epidemiological studies

ICD-10 code
m54.50

ICD-10 code description
M54.50

Primary outcomes

1

Description
1. Pain

Timepoint
8 weeks

Method of measurement
Numeric Pain Rating Scale

2

Description

- Physical Function

Timepoint

8 weeks

Method of measurement

Oswestry Low Back Pain Disability Index Questionnaire

3

Description

Quality of Life

Timepoint

8 Weeks

Method of measurement

WHOQOL-BREF

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:

Category

Treatment - Other

2

Description

Intervention group:

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Lahore Physiotherapy and Rehabilitation Center

Full name of responsible person

Dr. aqsa Khalid

Street address

Plaza # 100-a, Chambeli Commercial, Sector C,
Bahria Town Lahore

City

Lahore

Postal code

53720

Phone

+92 309 7759756

Email

lprcenter01@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Lahore Physiotherapy and Rehabilitation Center

Full name of responsible person

Mirza Usman Baig

Street address

Plaza # 100-a, Chambeli Commercial, Sector C,
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Grant name

Grant code / Reference number

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

No

Title of funding source

academic funds

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

Persons

Person responsible for general inquiries

Contact

Name of organization / entity

Lahore Physiotherapy and Rehabilitation Center

Full name of responsible person

Dr. aqsa Khalid

Position

Clinical Physiotherapist

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

Plaza # 100-a, Chambeli Commercial, Sector C,
Bahria Town Lahore

City

Lahore

Province

Punjab

Postal code

53720

Phone

+92 309 7759756

Email

lprcenter01@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Lahore Physiotherapy and Rehabilitation Center

Full name of responsible person

Mirza Usman Baig

Position

CEO

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Email

lprcenter01@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Lahore Physiotherapy and Rehabilitation Center

Full name of responsible person

Mirza Usman Baig

Position

HOD

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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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

EFFECTIVENESS OF DRY CUPPING THERAPY WITH AND WITHOUT THORACIC MOBILIZATION ON PAIN AND FUNCTIONAL STATUS AMONG LOW BACK PAIN PATIENTS

When the data will become available and for how long

it will be available in nine months for 2 years

To whom data/document is available

for everyone

Under which criteria data/document could be used

For RCTs

From where data/document is obtainable

On websites and google search engines

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

just search

Comments

none