

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The comparison effects of positional release and Active release techniques on latent trigger point in upper trapezius muscle in patient.

Protocol summary

Summary

The aim of the present study was to evaluate the effectiveness of Positional Release Therapy and Active Release Therapy on Pain intensity, Pain Pressure Threshold & Countralateral Side Flexion Cervical Range of Motion in Computer User Via Latent Myofascial Trigger Point .Fourty two volunteers from Shahid Beheshti University Medical Science In Iran, with Latent Trigger Point of Upper Trapezius Muscle ,aged 19-45 years old, were participated in this study. All individuals were randomly classified into three groups. Group (A): Positional Release Technique, Group (B): Active Release Technique and Group (C) : Control with sham treatment. treatment consisted of 3 sessions of ART ,PRT& Control , applied to the over a duration of 1 weeks. The local pain intensity via visual analogous scale (VAS) and Pain pressure threshold (PPT) with algometry , Active Cervical Countralateral Flexion range of motion(CLR0M) with goniometry were measured before therapy and 5min after per therapy session and also outcome measures were evaluated and recorded one week after third session as a follow up.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016010425847N1**

Registration date: **2016-01-22, 1394/11/02**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-01-22, 1394/11/02

Registrant information

Name

Marzieh Mohammadi Kojidi

Name of organization / entity

Student Research Committe, School of Rehabilitation Scienses, Shahid Beheshti University of Medical

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research,School of Rehabilitation ,Shahid Beheshti University of Medical Siences,Physiotherapy Research Center,Damavand St,Tehran,Iran.

Expected recruitment start date

2016-01-08, 1394/10/18

Expected recruitment end date

2016-02-07, 1394/11/18

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison effects of positional release and Active release techniques on latent trigger point in upper trapezius muscle in patient.

Public title

The effects of manual therapies on latent trigger point in upper trapezius muscle

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:were presence of tender spot within

taut band in the upper trapezius muscle which was painful in response to 25 Newton (N) pressures on it;19-45 years of age;pain intensity of at least 3 on a visual analogue scale (VAS);decreased cervical lateral flexion to the opposite side of the latent trigger point .
Exclusion criteria: History of a whiplash injury;history of cervical spine surgery;diagnosis of cervical radiculopathy ;having undergone myofascial pain therapy in the past month before the study.

Age

From **19 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **42**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of School of Rehabilitation Sciences, Shahid Beheshti University of Medical Science

Street address

School of Rehabilitation Sciences, Shahid Beheshti University of Medical Science,Damavand St,Tehran,Iran.

City

Tehran

Postal code

1616913111

Approval date

2015-10-18, 1394/07/26

Ethics committee reference number

IR.SBMU.RAM.REC.1394.310

Health conditions studied

1

Description of health condition studied

Myofascial trigger point

ICD-10 code

M62.9

ICD-10 code description

Disorder of muscle, unspecified

Primary outcomes

1

Description

Cervical Contralateral range of motion(CROM)

Timepoint

Before pre treatment,After 1,2,3 session,After follow up

Method of measurement

CROM via Goniometer(degree)

2

Description

Pain pressure threshold (PPT)

Timepoint

Before pre treatment,After 1,2,3 session, After follow up

Method of measurement

PPT via algometry(kilogram /(cm)2)

3

Description

Pain intensity visual analogous scale (VAS)

Timepoint

Before pre treatment,After 1,2,3 session, After follow up

Method of measurement

VAS via 10 centimeter line that patiens shows her/his pain intensity with numerical

Secondary outcomes

empty

Intervention groups

1

Description

Positional release technique :In this group patients treat with Positional release technique on trigger point of Upper trapezius muscle with 3 sessions therapy in during one week.

Category

Treatment - Other

2

Description

Active release therapy: In this group patients treat with Active release therapy on trigger point of Upper trapezius muscle with three sessions therapy induring one week. interval

Category

Treatment - Other

3

Description

Control: in this group patients treat an algometer (model 5020) with out any hand pressure on trigger point of Upper trapezius muscle e with three sessions therapy induring one week.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Clinic of Physiotherapy,School of Rehabilitation Sciences, Shahid Beheshti University of Medical Sci

Full name of responsible person

Marzieh Mohammadi Kojidi

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City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

School of RehabilitationSciences,Shahid Behesti University Of Medical Sciences,Physiotherapy Researc

Full name of responsible person

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School of Rehabilitation Sciences, Shahid Beheshti University of Medical Sciences,Physiotherapy Reaserch Center,Damavand St,Tehran,Iran.

City

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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

School of RehabilitationSciences,Shahid Behesti University Of Medical Sciences,Physiotherapy Researc

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Student Research Commitee,School of Rehabilitation Sciences,Shahid Beheshti UNIVERSITY of Medical Scie

Full name of responsible person

Marzieh Mohammadi Kojidi

Position

Master of Science Physiotherapy Candidate.

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty