

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of adding Temporomandibular joint manual therapy to routine physiotherapy on the improvement of patients with non-specific chronic neck pain

Protocol summary

Summary

The aim of this study is to evaluate the effect of adding Temporomandibular joint manual therapy to routine physiotherapy on the improvement of patients with non-specific chronic neck pain. This is an experimental study and interventional clinical trial that is randomized, parallel and double-blind. For inclusion, people with non-specific chronic neck pain, which they are also suffering from the Temporomandibular joint disorders have to be present. In this case, there are pain and limitations in range of motion of the Temporomandibular joint and pain and tenderness in at least two related muscles. Patients with neurological disorders, absence of pain in the Temporomandibular joint, malignancy and infection and acute muscle trauma were excluded. The number of 20 was determined for each group. Initially, patients will randomly divided into two groups: group A (They will receive routine physiotherapy treatments for neck pain) and group B (They will receive Temporomandibular joint manual therapy in addition to routine physiotherapy treatments for neck pain). Then both groups will receive their treatments in six sessions for two days a week over a period of 21 days. In order to evaluate the effects of intervention, we will use the visual analogue scale of pain, neck disability index and the range of motion of neck without pain. The assessments for all patients will take place at the first session, at the last session and one month after treatment as follow-up.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017012732221N1**

Registration date: **2017-02-13, 1395/11/25**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-02-13, 1395/11/25

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

University of Social Welfare and Rehabilitation Sciences

Expected recruitment start date

2017-01-03, 1395/10/14

Expected recruitment end date

2017-02-16, 1395/11/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of adding Temporomandibular joint manual therapy to routine physiotherapy on the improvement of patients with non-specific chronic neck pain

Public title

The effect of Temporomandibular joint manual therapy on the improvement of patients with non-specific chronic neck pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: People with non-specific chronic neck pain, which they are also suffering from the Temporomandibular joint disorders. In this case, there are the pain and limitations in range of motion of the Temporomandibular joint and pain and tenderness in at least two related muscles. Exclusion criteria: Neurological disorders; Absence of pain in the Temporomandibular joint; Malignancy and infection; Acute muscle trauma

Age

From **18 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The University of Social Welfare and Rehabilitation Sciences (USWRS)

Street address

kodakyar Ave., Daneshjo Blvd.,Evin

City

Tehran

Postal code

1985713834

Approval date

2017-01-02, 1395/10/13

Ethics committee reference number

IR.uswr.rec.1395.355

Health conditions studied

1

Description of health condition studied

Temporomandibular joint disorders

ICD-10 code

K07.6

ICD-10 code description

Temporomandibular joint disorders

2

Description of health condition studied

non-specific chronic neck pain

ICD-10 code

R52.2

ICD-10 code description

Other chronic pain

Primary outcomes

1

Description

Neck disability index (NDI)

Timepoint

At the first session, at the last session and one month after

Method of measurement

Neck disability index (NDI)

2

Description

The pain

Timepoint

At the first session, at the last session and one month after

Method of measurement

Visual Analogue Scale(VAS)

3

Description

The range of motion of neck flexion

Timepoint

At the first session, at the last session and one month after

Method of measurement

Goniometer

4

Description

The range of motion of neck extension

Timepoint

At the first session, at the last session and one month after

Method of measurement

Goniometer

5

Description

The range of motion of neck side bending

Timepoint

At the first session, at the last session and one month after

Method of measurement

Goniometer

6

Description

The range of motion of neck rotation

Timepoint

At the first session, at the last session and one month after

Method of measurement

Goniometer

Secondary outcomes

1

Description

General questionnaire

Timepoint

At the first assessment session

Method of measurement

questionnaire

Intervention groups

1

Description

Common physical therapy treatment interventions for neck pain, which is the same for both groups, include the following: Soft tissue release, muscle energy techniques and exercise therapy

Category

Rehabilitation

2

Description

In the intervention group, manual therapy of the temporomandibular joint includes the following: Muscle energy techniques, mobilization and tongue movements and related training in the TMJ

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

Street address

kodakyar Ave., daneshjo Blvd.,Evin, Tehran, Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Social Welfare and Rehabilitation Sciences (USWRS)

Full name of responsible person

Negar Akhavan

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kodakyar Ave., daneshjo Blvd.,Evin, Tehran, Iran

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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 Social Welfare and Rehabilitation Sciences (USWRS)

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

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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