Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of the short time effects of Thrust Manipulation and Muscle Energy Technique on movements among women with sacroiliac dysfunction

Protocol summary

Study aim
A Comparative Study on the Effectiveness of Manipulation and Muscle Energy technique in Patients with iliosacral joint dysfunction

Design
60 patients with anterior innominate or posterior innominate dysfunctions will be included in the study and they will be assigned to two groups of 30 persons through block randomization using block of size 4

Settings and conduct
the first group will receive Manipulation and the second group will receive Muscle Energy Technique during a session. The location of the study will be the physiotherapy clinic of the Tehran Rehabilitation Faculty.

Participants/Inclusion and exclusion criteria
Participant with ant innominate or post innominate dysfunctions and whose level of current pain is at least three in the Visual Analogue Scale (VAS) will be included in the study

Intervention groups
the first group will receive Manipulation and the second group will receive Muscle Energy Technique during a session

Main outcome variables
Active Lumbar Flexion and Extension ; Internal Rotation of the Hip ;External Rotation of Hip ; Active Straight Leg Raising ; Level of pain;Pain Pressure Threshold; Lumbar Stiffness Disability Index ;Inability in daily activities

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20171126037633N1**
Registration date: **2018-01-12, 1396/10/22**
Registration timing: **prospective**
Last update: **2018-01-12, 1396/10/22**
Update count: **0**

Registration date
2018-01-12, 1396/10/22

Registrant information

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Ashraf Vaseghnia

Name of organization / entity

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-01-21, 1396/11/01

Expected recruitment end date
2018-05-22, 1397/03/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparison of the short time effects of Thrust Manipulation and Muscle Energy Technique on movements among women with sacroiliac dysfunction

Public title
Comparison of the effects of Manipulation and Muscle Energy Technique on sacroiliac dysfunction

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Functional dysfunction (Anterior or Post innominate Rotation) in iliosacral joint

Exclusion criteria:

Severe instability pregnancy spondylolisthesis osteoporosis spinal , ribs and pelvis degenerative lesions Cauda equina syndrome Having pelvic ,back and lower extremity surgery

Age

From **18 months** old to **30 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

four blocked randomization

Blinding (investigator's opinion)

Single blinded

Blinding description

The patient is not aware of the type of intervention and its mechanism of action

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Tehran University of Medical Sciences

Street address

sixth floor ,Deputy of research and technology ,Central University ,Corner of Quds Street ,Keshavarz Blvd

City

Tehran

Province

Tehran

Postal code

1417653761

Approval date

2016-07-02, 1395/04/12

Ethics committee reference number

IR.TUMS.VCR.REC.1395.211

Health conditions studied

1

Description of health condition studied

sacroiliac joint dysfunction

ICD-10 code

دیسفانکشن

ICD-10 code description

دیسفانکشن مفصل ساکروایلیاک

Primary outcomes

1

Description

Active Lumbar Flexion and Extension

Timepoint

before, immediately and 24 hours after intervention

Method of measurement

Clinical examination

2

Description

Internal Rotation of the Hip

Timepoint

before, immediately and 24 hours after intervention

Method of measurement

Clinical examination

3

Description

External Rotation of the Hip

Timepoint

before, immediately and 24 hours after intervention

Method of measurement

Clinical examination

4

Description

Active Straight Leg Raising

Timepoint

before, immediately and 24 hours after intervention

Method of measurement

Clinical examination

5

Description

Level of pain

Timepoint

before, immediately and 24 hours after intervention

Method of measurement

questionnaire

6

Description
Pain Pressure Threshold_PPT
Timepoint
before, immediately and 24 hours after intervention
Method of measurement
laboratory test

7

Description
Lumbar Stiffness Disability Index
Timepoint
before, immediately and 24 hours after intervention
Method of measurement
questionnaire

8

Description
Inability to do daily activities
Timepoint
before, immediately and 24 hours after intervention
Method of measurement
questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group:reception of one session of sacroiliac joint manipulation . When performing this technique, a small part of the anatomical rang of motion of the sacroiliac joint moves at high speed and low intensity.
Category
Rehabilitation

2

Description
Intervention group: reception of one session of sacroiliac joint muscle energy technique . In this technique, the muscles perform controlled isometric contractions with the aim of joint alignment correction
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
School of Rehabilitation, Tehran University of Medical Sciences
Full name of responsible person
Azadeh Shadmehr
Street address
School of Rehabilitation , Pich e shemiran , Enghelab street
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1148965111
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Mohammad Ali Sahraian
Street address
Sixth floor, Deputy of research and technology , Central University building , Corner of Quds Street, Keshavarz Blvd
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msahrai@sina.tums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tehran University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
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
Tehran University of Medical Sciences
Full name of responsible person

Azadeh Shadmehr

Position
Professor

Latest degree
Ph.D.

Other areas of specialty/work
Physiotherapy

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PhD candidate

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
No access is possible. Other researchers can refer to published articles

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
No - There is not a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available