

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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

Name

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

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Tehran

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Tehran

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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

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School of Rehabilitation , Pich e shemiran , Enghelab street

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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

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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

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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Person responsible for scientific inquiries

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PhD candidate

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Other areas of specialty/work

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Position

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Latest degree

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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