

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### COMPARATIVE EFFECTIVENESS OF ROUTINE PHYSICAL THERAPY WITH AND WITHOUT INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION IN PATIENTS WITH NECK PAIN DUE TO UPPER CROSSED SYNDROME

#### Protocol summary

##### Study aim

To determine the effectiveness of routine physical therapy with and without IASTM technique on pain intensity, range of motion and neck pain disability index in patients with neck pain due to upper crossed syndrome.

##### Design

Randomized Clinical Trail

##### Settings and conduct

The data will be collected from Physiotherapy Clinics, The Agile Institute of rehabilitation Sciences( AIRS) and National Orthopedic Hospital Bahawalpur.

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria: • Diagnosed patients complaining neck pain with forwarded head posture • Both Females and Males in age of 18-40 • Chronic Neck pain from at least 3 months • Neck pain Scoring More than 3 on Visual Analogue Scale Exclusion Criteria Patients with history of • Any previous surgery • Any type of Infection • Any type of Hypersensitive Skin • Diabetes Mellitus type II • Any type of Traumatic Injury • Any type of Psychological Disorder • Manual therapy contraindicated like osteoporosis, infection, disc-Herniation, neoplasm • Osteomyelitis, Ulcers, open wound including all in which IASTM is contraindicated • Rheumatoid Arthritis • Acute Inflammation • Burn Scars • Osteoporosis • Unhealed , closed and non complicated fractures

##### Intervention groups

Group-A Routine Physical Therapy (RPT) Group-B Experimental Group(IASTM)

##### Main outcome variables

Pain Cervical Range of Motion Neck Disability Index(Functional Assessment Tool)

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20190912044754N1**  
Registration date: **2020-01-19, 1398/10/29**  
Registration timing: **prospective**

Last update: **2020-01-19, 1398/10/29**

Update count: **0**

##### Registration date

2020-01-19, 1398/10/29

##### Registrant information

##### Name

Tahir Mahmood

##### Name of organization / entity

Agile Insitute of Rehabilitation Sciences ,Bahawalpur

##### Country

Pakistan

##### Phone

+92 62 2888596

##### Email address

tahirmahmoodphysio@gmail.com

##### Recruitment status

**Not yet recruiting**

##### Funding source

##### Expected recruitment start date

2640-12-11, 2019/09/20

##### Expected recruitment end date

2641-04-09, 2020/01/20

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

COMPARATIVE EFFECTIVENESS OF ROUTINE PHYSICAL THERAPY WITH AND WITHOUT INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION IN PATIENTS WITH NECK PAIN DUE TO UPPER CROSSED SYNDROME

#### Public title

COMPARATIVE EFFECTIVENESS OF ROUTINE PHYSICAL THERAPY WITH AND WITHOUT INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION IN PATIENTS WITH NECK PAIN DUE TO UPPER CROSSED SYNDROME

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

##### Inclusion criteria:

Diagnosed patients complaining neck pain with forward head posture, Both Females and Males in age of 18-40, Chronic Neck pain from at least 3 months, Neck pain Scoring More than 3 on Visual Analogue Scale Limited Cervical ROM

##### Exclusion criteria:

Patients with history of • Any previous surgery Any type of Infection Any type of Hypersensitive Skin Diabetes Mellitus type II Any type Traumatic Injury Any type Psychological Disorder Manual therapy contraindicated like osteoporosis, infection, disc-Herniation, neoplasm • Rheumatoid Arthritis Acute Inflammation Burn Scars Osteoporosis Unhealed , closed and non complicated fractures Osteomyelitis, Ulcers, open wound including all in which IASTM is contraindicated

#### Age

From **18 years** old to **40 years** old

#### Gender

Both

#### Phase

0

#### Groups that have been masked

- Investigator

#### Sample size

Target sample size: **60**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

The subjects fulfilling the inclusion criteria will be enrolled after independent outcome assessor .Then coin toss method is being used for randomization .The coin thrown in air having two sides with label "A" and "B". The subjects randomization method reduces the chances of bias group allocation .

#### Blinding (investigator's opinion)

Single blinded

#### Blinding description

It will be single blind and assessor will be blind .All assessments before and after the intervention will be done by Independent assessor and only eligible subjects will be enrolled . Neck Range of Motion ,Neck disability Index and Pain will be measured .Then subjects will be kept confidential and only it will be given after the assessor has completed an assessment at baseline , after 02 weeks and 04 weeks

#### Placebo

Used

#### Assignment

Parallel

#### Other design features

#### Secondary Ids

empty

#### Ethics committees

##### 1

#### Ethics committee

##### Name of ethics committee

Ethics Committee of The University of Lahore "Institutional Review Board"

##### Street address

defence road campus,new campus ,The University of Lahore

##### City

Lahore

##### Postal code

54000

#### Approval date

2640-11-20, 2019/08/29

#### Ethics committee reference number

IRB-UOL-FAHS/670/2019

#### Health conditions studied

##### 1

#### Description of health condition studied

Upper Crossed Syndrome

#### ICD-10 code

R29.3

#### ICD-10 code description

Abnormal posture

#### Primary outcomes

##### 1

#### Description

Pain Intensity

#### Timepoint

on baseline ,then after 2 weeks and then after weeks

#### Method of measurement

Numeric Pain Rating Scale

##### 2

#### Description

Neck range of Motion

#### Timepoint

On baseline ,then after 2 weeks and then after weeks

#### Method of measurement

Inclinometer

##### 3

#### Description

Neck Disability Index

**Timepoint**

On baseline ,then after 2 weeks and then after weeks

**Method of measurement**

Neck disability Index Tool

**Secondary outcomes**

empty

**Intervention groups**

1

**Description**

Intervention group: Instrument Assisted Soft Tissue Mobilization

**Category**

Rehabilitation

2

**Description**

Routine Physical Therapy : Routine physical Therapy exercise

**Category**

Rehabilitation

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

Agile Rehabilitation Center

**Full name of responsible person**

Muhammad Hafeez

**Street address**

Noor Mahal Road Bahawalpur

**City**

Bahawalpur

**Postal code**

Same as Adress

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**Email**

drhafeezarian@gmail.com

**Web page address**

<https://airs.edu.pk/>

2

**Recruitment center**

**Name of recruitment center**

National Orthopedic Hospital

**Full name of responsible person**

Muhammad Tariq Malik

**Street address**

Near Raja Pump Bahawalpur

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[https://health.hamariweb.com/bahawalpur/hospitals/national-orthopadic-hospital\\_hos3904](https://health.hamariweb.com/bahawalpur/hospitals/national-orthopadic-hospital_hos3904)

**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**

The University of Lahore

**Full name of responsible person**

Dr Waqar Afzal PT

**Street address**

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waqarafazal621@gmail.com

**Web page address**

<https://www.uol.www.uol.edu.pk>

**Grant name**

Student

**Grant code / Reference number**

NA

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

No

**Title of funding source**

Academic support Only

**Proportion provided by this source**

20

**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**

Academic

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**

Agile Institute of Rehabilitation Sciences

**Full name of responsible person**

Tahir Mahmood

**Position**

Lecturer/Physiotherapist

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

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**Web page address**<https://airs.edu.pk>**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Agile Institute of Rehabilitation Sciences

**Full name of responsible person**

Tahir

**Position**

Lecturer

**Latest degree**

Master

**Other areas of specialty/work**

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**Email**

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**Web page address**<https://airs.edu.pk>**Person responsible for updating data****Contact****Name of organization / entity**

Agile Institute of Rehabilitation Sciences

**Full name of responsible person****Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

**Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**

Not applicable

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

Undecided - It is not yet known if there will be a plan to make this available

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available

**Title and more details about the data/document**

Effectiveness of routine physical therapy with and without IASTM in patients with neck pain due to upper crossed syndrome Instrument Assisted Soft Tissue Mobilization Technique for Upper crossed Syndrome

**When the data will become available and for how long**

It will be available after study completion

**To whom data/document is available**

To researchers for study only. Patient data will not be shown .

**Under which criteria data/document could be used**

under the usage with terms in which journal is accessed /processed for publication

**From where data/document is obtainable**

from the University office and Responsible supervisor and from journal we will process in future

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

It will be only used in confidential way for improving research and benefit of humanity

**Comments**

It will be first study of such type in pakistan using Soft Tissue mobilization technique which is instrument assisted that is the only reason study has a motivational factor and researchers are waiting for its results .