

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Effect of Sustained Natural Apophyseal Glide with and Without Neurodynamics in the Management of Patient with Cervical Radiculopathy

Protocol summary

Study aim

- To identify the Effect of Sustained Natural Apophyseal Glide With And Without Neurodynamics In The Management Of Patient With Cervical Radiculopathy.

Design

Interventional study Randomized Clinical Trial Non probability convenience sampling technique

Settings and conduct

Sample size will be 44 individuals (22 each group)
Conducted in time duration of 6 months

Participants/Inclusion and exclusion criteria

Inclusion Criteria 1. Patients having Age 22-40 years 2. Both genders 3. Patient availability and cooperation during treatment 4. Patients with positive result of following tests: Spurling test, ULNT-1, neck distraction and ipsilateral cervical rotation test. Exclusion Criteria 1. Patients having negative one of the following tests: Spurling test, ULNT-1, neck distraction and ipsilateral cervical rotation test. 2. Patients with accessory Systemic Musculoskeletal Dysfunction 3. Patients having symptoms of Vertebral Artery Insufficiency. 4. Patients not willing to participate or to follow up treatment plan.

Intervention groups

There will be two groups of equal number of individuals diagnosed with cervical radiculopathy after confirmation of Manual tests. Group A Control group will receive Sustained Natural Apophyseal Glide only. Patients in this group will receive a baseline treatment that is heating pad for 15 minutes before the treatment. Group B. This group will receive Sustained Natural Apophyseal Glide along with Neurodynamics. Patients in this group will receive a baseline treatment that is heating pad for 15 minutes before the treatment.

Main outcome variables

Correcting Cervical Radiculopathy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191023045218N1**

Registration date: **2020-01-04, 1398/10/14**

Registration timing: **prospective**

Last update: **2020-01-04, 1398/10/14**

Update count: **0**

Registration date

2020-01-04, 1398/10/14

Registrant information

Name

Shehnila Shoukat

Name of organization / entity

Riphah international University

Country

Pakistan

Phone

+92 454 710161

Email address

shehnila.499@gmail.com

Recruitment status

Not yet recruiting

Funding source

Expected recruitment start date

2640-09-23, 2019/07/01

Expected recruitment end date

2640-11-22, 2019/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Sustained Natural Apophyseal Glide with and Without Neurodynamics in the Management of Patient with Cervical Radiculopathy

Public title

Management of Patient with Cervical Radiculopathy

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients having Age 22-40 years Both genders Patients with positive result of following tests:Spurling test,ULNT-1,neck distraction and ipsilateral cervical rotation test. Patient availability and cooperation during treatment

Exclusion criteria:

Patients having negative one of the following tests:Spurling test,ULNT-1,neck distraction and ipsilateral cervical rotation test. Patients with accessory Systemic Musculoskeletal Dysfunction Patients having symptoms of Vertebral Artery Insufficiency. Patients not willing to participate or to follow up treatment plan.

Age

From **22 years** old to **40 years** old

Gender

Both

Phase

1

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **44**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple method, individual unit of randomization, table of random numbers, allocation with concealment, Non-Probability Convenience Sampling

Blinding (investigator's opinion)

Single blinded

Blinding description

Patients were blinded as they don't know their respected group, therapist who gave treatment and assess the outcome was blinded.

Placebo

Not used

Assignment

Parallel

Other design features

44 number of individuals divided in 2 equal groups of 22 individuals.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethic Committee of Riphah college of Rehabilitation Sciences

Street address

House No.4292,Street No.2,MohaAllah Ali Pura Khushab

City

Khushab

Postal code

41000

Approval date

2640-09-29, 2019/07/07

Ethics committee reference number

RCRS-RE-MS-OMPT/Spring 19/023

Health conditions studied

1

Description of health condition studied

Cervical radiculopathy (CR) is a pathological condition of the cervical nerve root (CNR) that may lead to chronic pain and disability.Cervical radiculopathy is known to be a neurological problem with its associated symptoms like pain, numbness, muscle weakness and diminished reflexes in one or both upper extremities and if prolongs these symptoms lead to headache, functional impairment, activity limitation and difficulty to return to work. Other leading causes of CR are cervical disc hernia ion with and without formation of spur and cervical spondylosis accompanied by inflammation and nerve compression due to dehydration and eventually collapsing of cervical discs.

ICD-10 code

M50.10

ICD-10 code description

Cervical disc disorder with radiculopathy, unspecified cervical region

Primary outcomes

1

Description

Correcting Cervical Radiculopathy

Timepoint

6 months

Method of measurement

Data collection tools

Secondary outcomes

empty

Intervention groups

1

Description

Control group: Control group will receive Sustained Natural Apophyseal Glide only. Patients in this group will receive a baseline treatment that is heating pad for 15 minutes before the treatment.

Category

Rehabilitation

2

Description

Intervention group: This group will receive Sustained Natural Apophyseal Glide along with Neurodynamics. Patients in this group will receive a baseline treatment that is heating pad for 15 minutes before the treatment.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehsil Headquarter (THQ) hospital khushab

Full name of responsible person

Shehnila shoukat

Street address

House No.4292,Street No.2,MohaAllah Ali Pura
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Phone

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Email

Shehnila.499@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah international University

Full name of responsible person

Shehnila Shoukat

Street address

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Grant name

Grant code / Reference number

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

No

Title of funding source

Self

Proportion provided by this source

100

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Riphah international University

Full name of responsible person

Shehnila Shoukat

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

Student

Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data**Contact****Name of organization / entity**

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/documentThe Effect of Sustained Natural Apophyseal Glide with
and Without Neurodynamics in the Management of
Patient with Cervical Radiculopathy**When the data will become available and for how long**

Within 2 months

To whom data/document is available

Online

Under which criteria data/document could be used

By email

From where data/document is obtainable

Tehsil Headquarter (THQ) hospital Khushab

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

E mail

Comments