

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effects Of Muscle Energy Technique And Static Stretching Of Piriformis And Iliopsoas In Females With Coccydynia

#### Protocol summary

##### Study aim

To find the effects of muscle energy technique and static stretching of piriformis and iliopsoas in reducing pain and improvement in pain free sitting in patients with coccydynia.

##### Design

Two parallel group , single blinded, randomized clinical trial with pre and post assessment

##### Settings and conduct

Al-Khumeinie Trust hospital, lahore, Investigator will be blinded.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria • Age group of 18 to 40 years • Pain on palpation at coccyx region. • Unable to sit pain free.  
Exclusion criteria • Pregnancy • History of recent trauma/fall or fracture • Vaginitis, cystitis, salpinities. Urinary tract infections, • Red flags like: fever, night sweats, malaise etc. • Rectal abscess • Patients with cysts or tumor in lumbar area and pelvic • Previous surgical interventions involving lumbar spine and pelvic region

##### Intervention groups

Muscle energy technique of (METs) of Piriformis and iliopsoas. Static stretching of Piriformis and iliopsoas.

##### Main outcome variables

Pain by NPRS Daily and work-leisure activities, anxiety-depression, and social interest of the patients' lives by Dallas Pain Questionnaire (DPQ)

#### General information

##### Reason for update

After getting approval, patient recruitment was started so the proposed dates and actual recruitments dates were different.

##### Acronym

EMETSTPIIFC

##### IRCT registration information

IRCT registration number: **IRCT20191117045462N1**

Registration date: **2020-01-10, 1398/10/20**

Registration timing: **prospective**

Last update: **2020-11-18, 1399/08/28**

Update count: **1**

##### Registration date

2020-01-10, 1398/10/20

##### Registrant information

###### Name

Wajeeha Zia

###### Name of organization / entity

Riphah International University

###### Country

Pakistan

###### Phone

+92 42 35126110

###### Email address

wajeeha\_z@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-11-27, 1398/09/06

##### Expected recruitment end date

2020-02-26, 1398/12/07

##### Actual recruitment start date

2020-01-20, 1398/10/30

##### Actual recruitment end date

2020-04-20, 1399/02/01

##### Trial completion date

2020-04-20, 1399/02/01

##### Scientific title

Effects Of Muscle Energy Technique And Static Stretching Of Piriformis And Iliopsoas In Females With Coccydynia

##### Public title

Effects Of Muscle Energy Technique And Static Stretching

Of Piriformis And Iliopsoas In Females With Coccydynia

## Purpose

Treatment

## Inclusion/Exclusion criteria

### Inclusion criteria:

Pain on palpation at coccyx region. • Unable to sit pain free.

### Exclusion criteria:

Pregnancy History of recent trauma/fall or fracture • Vaginitis, cystitis, salpingitis. Urinary tract infections, Red flags like: fever, night sweats, malaise etc Rectal abscess • Patients with cysts or tumor in lumbar area and pelvic • Previous surgical interventions involving lumbar spine and pelvic region

## Age

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

## Gender

Female

## Phase

1

## Groups that have been masked

- Investigator

## Sample size

Target sample size: **52**

Actual sample size reached: **50**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Patients will be recruited in the study through convenient sampling technique and then will be randomly assigned to each group according to consort guideline 2010. Written informed consent will be taken. After enrollment into study, patient will be allocated either to group A or Group B by lottery method. No. of Chits will be equal to total sample size, odd Numbers will be allocated to Group A and even number will be allocated to Group B. Each patients will be requested to draw a chit from the box and after that patient will be recruited into either Group A or Group B.

## Blinding (investigator's opinion)

Single blinded

## Blinding description

Investigator will be blind.

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Riphah college of rehabilitation & Allied Health

Sciences

## Street address

13-14-C-civic center, township near Hamdard Chowk,  
Lahore

## City

Lahore

## Postal code

54000

## Approval date

2019-07-16, 1398/04/25

## Ethics committee reference number

RCR&AHS/REC/MS-OMPT/S19/003

## Health conditions studied

### 1

#### Description of health condition studied

Sacrococcygeal disorders

#### ICD-10 code

M53.3

#### ICD-10 code description

Sacrococcygeal disorders, not elsewhere classified

## Primary outcomes

### 1

#### Description

Pain

#### Timepoint

Pre- Post treatment

#### Method of measurement

Numeric Pain Rating Scale (NPRS)

### 2

#### Description

Daily and work-leisure activities, anxiety-depression, and social interest of the patients' lives

#### Timepoint

Pre- Post treatment

#### Method of measurement

Dallas Pain Questionnaire (DPQ)

## Secondary outcomes

### 1

#### Description

Pain free sitting duration

#### Timepoint

Pre-Post Treatment

#### Method of measurement

Duration with time watch

## Intervention groups

### 1

#### Description

Intervention group: Muscle energy technique of (METs) of Piriformis and iliopsoas.

**Category**

Treatment - Other

2

**Description**

Intervention group: Static stretching of Piriformis and iliopsoas.

**Category**

Treatment - Other

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

Riphah college of rehabilitation & Allied Health Sciences

**Full name of responsible person**

Wajeeha

**Street address**

13-14-C-civic center, township near Hamdard Chowk, Lahore

**City**

Lahore

**Postal code**

54000

**Phone**

+92 42 35126110

**Email**

wajeeha\_z@yahoo.com

**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**

Riphah International University

**Full name of responsible person**

Muhammad Salman Bashir

**Street address**

28-M,Quaid-e Azam, Industrial Estate kot Lakhpat, Lahore

**City**

Lahore

**Postal code**

54000

**Phone**

+92 42 35126110

**Email**

chistisalman@yahoo.com

**Grant name**

Educational

**Grant code / Reference number**

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

Yes

**Title of funding source**

Riphah International University

**Proportion provided by this source**

15

**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**

University of South Asia

**Full name of responsible person**

Wajeeha

**Position**

Senior Lecturer

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

47 tufail road cantt lahore

**City**

Lahore

**Province**

punjab

**Postal code**

54000

**Phone**

+92 42 35126110

**Email**

wajeeha\_z@yahoo.com

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Riphah International University

**Full name of responsible person**

Muhammad Salman Bashir

**Position**

Associate professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Rehabilitation and research

**Street address**

28-M,Quaid-e Azam, Industrial Estate kot Lakhpat, Lahore

**City**

Lahore

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54000

**Phone**

+92 42 35126110

**Email**

chistisalman@yahoo.com

**Email**

wajeeha\_z@yahoo.com

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

University of South asia, cantt lahore

**Full name of responsible person**

Wajeeha

**Position**

Assistant professor

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

47 tufail raod cantt lahore

**City**

Lahore

**Province**

punjab

**Postal code**

54000

**Phone**

+92 42 35126110

**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**

There is no further information

**Study Protocol**

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

**Statistical Analysis Plan**

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

**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