

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison Of Cervical Mobilization and Thoracic Manipulation in Myofascial Temporomandibular Dysfunction to Improve Pain and Function

#### Protocol summary

##### Study aim

To compare the effect of cervical mobilization and thoracic manipulation on pain and function in myofascial temporomandibular joint dysfunction patients

##### Design

Randomized Clinical trial. (RCT)

##### Settings and conduct

• Life Line Hospital Lahore. • Fatima Memorial Hospital Shadman Lahore

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: 1. Myofascial pain in region of TMJ. 2. Reduced mouth opening measured by using 3 fingers and 2 knuckles. 3. Age group in range of 20-40 years. 4. Females only. 5. Presence of any taut band and trigger point in surrounding area. 6. Reproduction of referred pain pattern of trigger point in response to palpation. 6.8 Exclusion criteria: 1. Degenerative TMJ arthritis 2. Malignant tumor of face and jaw. 3. History of fracture and dislocation of TMJ. 4. History of previous surgery of jaw or TMJ. 5. Neurological disorders includes stroke, bell's palsy and spinal cord injury 6. Hypermobility TMJ. 7. Osteoporotic patient

##### Intervention groups

Group A : Cervical Mobilization Group B : Thoracic Manipulation

##### Main outcome variables

1. Pain 2. Function

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20191130045553N1**

Registration date: **2019-12-17, 1398/09/26**

Registration timing: **registered\_while\_recruiting**

Last update: **2019-12-17, 1398/09/26**

Update count: **0**

##### Registration date

2019-12-17, 1398/09/26

##### Registrant information

###### Name

Ayesha Mateen

###### Name of organization / entity

Riphah International University QIE Campus, Lahore.

###### Country

Pakistan

###### Phone

+92 42 35126110

###### Email address

ayeshamateen6@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-12-02, 1398/09/11

##### Expected recruitment end date

2020-03-02, 1398/12/12

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison Of Cervical Mobilization and Thoracic Manipulation in Myofascial Temporomandibular Dysfunction to Improve Pain and Function

##### Public title

Comparison Of Cervical Mobilization and Thoracic Manipulation in Myofascial Temporomandibular Dysfunction to Improve Pain and Function.

##### Purpose

Treatment

## Inclusion/Exclusion criteria

### Inclusion criteria:

1 Myofascial pain in region of TMJ. Reduced mouth opening measured by using 3 fingers and 2 knuckles. Age group in range of 20-40 years. Females only. Presence of any taut band and trigger point in surrounding area. Reproduction of referred pain pattern of trigger point in response to palpation.

### Exclusion criteria:

1. Degenerative TMJ arthritis. Malignant tumor of face and jaw. History of fracture and dislocation of TMJ. History of previous surgery of jaw or TMJ. Neurological disorders include stroke, bell's palsy and spinal cord injury. Hypermobile TMJ. Osteoporotic patient.

## Age

From **20 years** old to **40 years** old

## Gender

Female

## Phase

N/A

## Groups that have been masked

- Outcome assessor

## Sample size

Target sample size: **46**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Once the above mentioned inclusion and exclusion criteria will be taken into account, potential participants will be considered. They will be requested to participate in the study. Written informed consent will be taken. Patient will be recruited into Group A and Group B by lottery method. Each participant will be requested to draw either odd number or even number from a box. Odd Numbers will be allocated to Group A and even number will be allocated to group B.

## Blinding (investigator's opinion)

Single blinded

## Blinding description

single blinded

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethical Committee of Riphah International University

##### Street address

13-14-C-Civic Center Near Hamdard Chowk ,Township ,Lahore.

## City

Lahore

## Postal code

54000

## Approval date

2019-07-16, 1398/04/25

## Ethics committee reference number

RCRS & AHS/REC/MS-OMPT/S19/001

## Health conditions studied

### 1

#### Description of health condition studied

Temporomandibular Joint Dysfunction

#### ICD-10 code

M26.6

#### ICD-10 code description

Temporomandibular joint disorders

## Primary outcomes

### 1

#### Description

Pain

#### Timepoint

Treatment will be given to both group for 2 weeks,5 session per week

#### Method of measurement

Numeric Pain Rating Scale (NPRS)

### 2

#### Description

Function

#### Timepoint

Treatment will be given to both group for 2 weeks,5 session per week

#### Method of measurement

Mandibular Function Impairment Questionnaire.(MFIQ)

### 3

#### Description

Function

#### Timepoint

Treatment will be given to both group for 2 weeks,5 session per week

#### Method of measurement

Temporomandibular Dysfunction Disability Index Questionnaire.(TMDIQ)

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Cervical Mobilization

**Category**

Treatment - Other

**2**

**Description**

Intervention group: Thoracic Manipulation

**Category**

Treatment - Other

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Fatima Memorial Hospital Shadman, Lahore.

**Full name of responsible person**

Farhia Shah

**Street address**

Shadman Rd, Ichra Lahore,

**City**

Lahore

**Postal code**

54000

**Phone**

+92 42 35940444

**Email**

farhia@gmail.com

**2**

**Recruitment center**

**Name of recruitment center**

Life Line Hospital ,Lahore

**Full name of responsible person**

Muhammad Salman Bashir

**Street address**

462, 463 G3 Johar Town, Lahore,

**City**

Lahore

**Postal code**

54000

**Phone**

+92 42 35445684

**Email**

salman.bashir@riphah.edu.pk

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Riphah International University

**Full name of responsible person**

Muhammad Salman Bashir

**Street address**

13-14-C-Civic Center Near Hamdard Chowk, Township

Lahore.

**City**

Lahore

**Postal code**

54000

**Phone**

+92 42 35126110

**Email**

salman.bashir@riphah.edu.pk

**Grant name**

N/A

**Grant code / Reference number**

N/A

**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**

Riphah International University QIE Campus ,Lahore.

**Full name of responsible person**

Ayesha Mateen

**Position**

Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Physiotherapy

**Street address**

13-14-C-Civic Center Near Hamdard Chowk,Township

,Lahore

**City**

Lahore

**Province**

Punjab

**Postal code**

54000

**Phone**

+92 42 35126110

**Email**

ayeshamateen6@gmail.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**

Physiotherapy

**Street address**

13-14-C-Civic Center Near Hamdard Chowk,Township  
,Lahore

**City**

Lahore

**Province**

Punjab

**Postal code**

54000

**Phone**

+92 42 35126110

**Email**

salman.bashir@riphah.edu.pk.com

13-14-C-Civic Center Near Hamdard Chowk,Township  
,Lahore

**City**

Lahore

**Province**

Punjab

**Postal code**

54000

**Phone**

+92 42 35126110

**Email**

ayeshamateen6@gmail.com

## Sharing plan

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

Undecided - It is not yet known if there will be 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**

No - There is not 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

## Person responsible for updating data

**Contact**

**Name of organization / entity**

Riphah International University

**Full name of responsible person**

Ayesha Mateen

**Position**

Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Physiotherapy

**Street address**