

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

EFFECTS OF GRASTON INSTRUMENT SOFT TISSUE MOBILIZATION IN PATIENTS WITH SCIATIC NERVE ENTRAPMENT

Protocol summary

Study aim

To determine the effect of graston instrument soft tissue mobilization in patients with sciatic nerve entrapment.

Design

Randomized Clinical Trial

Settings and conduct

Fatima Memorial Hospital Shadman Lahore.

Participants/Inclusion and exclusion criteria

Inclusion Criteria 1. Onset of radicular low back pain of less than 12 weeks. 2. Pain upon active SLR in 30-70°. Sensitivity: 0.67 (11) Specificity: 0.26 (12) 3. Age group in range of 30-60 years. 4. Male only. 5. Sciatic nerve entrapment diagnosed on MRI Exclusion Criteria 1. Spinal Fracture. 2. Spinal tumor or any malignancy. 3. Psychiatric Disorder. 4. History of Osteoporosis. 5. Rheumatologic disorders. 6. Pain beyond 70° or below 30° on active SLR. 7. Positive compression and distraction test of SI joint. 8. Positive gaenslen's test. 9. Any red flags.

Intervention groups

Group A: Participants will receive graston instrument soft tissue mobilization. Group B: Participants will receive combine treatment of graston instrument technique with lumbar traction and neural mobilization.

Main outcome variables

Numeric Pain Rating Scale (Pain) Modified Oswestry Disability Index (Functional Disability)

General information

Reason for update

Acronym

EOGISTMIPWSNE

IRCT registration information

IRCT registration number: **IRCT20191130045554N1**

Registration date: **2020-01-20, 1398/10/30**

Registration timing: **registered_while_recruiting**

Last update: **2020-01-20, 1398/10/30**

Update count: **0**

Registration date

2020-01-20, 1398/10/30

Registrant information

Name

Muhammad Shahzad Qadree

Name of organization / entity

Riphah International University QIE Campus Lahore

Country

Pakistan

Phone

+92 42 35126110

Email address

shhzdqadree@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-12-02, 1398/09/11

Expected recruitment end date

2020-03-03, 1398/12/13

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

EFFECTS OF GRASTON INSTRUMENT SOFT TISSUE MOBILIZATION IN PATIENTS WITH SCIATIC NERVE ENTRAPMENT

Public title

EFFECTS OF GRASTON INSTRUMENT SOFT TISSUE MOBILIZATION IN PATIENTS WITH SCIATIC NERVE ENTRAPMENT

Purpose

Treatment

RCR&AHS/REC/MS-OMPT/S19/004

Inclusion/Exclusion criteria

Inclusion criteria:

Onset of radicular low back pain of less than 12 weeks.
Pain upon active SLR in 30-70°. Sensitivity: 0.67(11)
Specificity: 0.26 (12) Age group in range of 30-60 years.
Male only. Sciatic nerve entrapment diagnosed on MRI.

Exclusion criteria:

Spinal Fracture. Spinal tumor or any malignancy.
Psychiatric Disorder. History of Osteoporosis.
Rheumatologic disorders. Pain beyond 70° or below 30° on
active SLR. Positive compression and distraction test of
SI joint. Positive gaenslen's test Any red flags.

Age

From **30 years** old to **60 years** old

Gender

Male

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **18**

Randomization (investigator's opinion)

Randomized

Randomization description

Patient will be recruited into Group A and Group B by
lottery method (without replacement).

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

Riphah College of Rehabilitation and Allied Health
Sciences

Street address

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

City

Lahore

Postal code

54000

Approval date

2019-07-29, 1398/05/07

Ethics committee reference number

Health conditions studied

1

Description of health condition studied

Sciatic Nerve Entrapment

ICD-10 code

M54.30

ICD-10 code description

Sciatica, unspecified side

Primary outcomes

1

Description

Pain

Timepoint

Treatment will be given to both groups for 4 weeks, 3
sessions per week and post treatment evaluation will be
done after two weeks and follow up evaluation after one
month by NPRS.

Method of measurement

Numeric Pain Rating Scale

2

Description

Functional Disability

Timepoint

Treatment will be given to both groups for 4 weeks, 3
sessions per week and post treatment evaluation will be
done after two weeks and follow up evaluation after one
month by MODI.

Method of measurement

Modified Oswestry Disability Index

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group A: Graston technique with help of
graston instrument is applied (3 sessions per week for 4
weeks)

Category

Treatment - Other

2

Description

Intervention group B: Graston technique along with
lumber traction (Mechanical) and neural mobilization. (3
sessions per week for 4 weeks)

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Fatima Memorial Hospital Shadman Lahore

Full name of responsible person

Dr Farhia Shah

Street address

Shadman Rd, Ichhra Lahore, Punjab 54000

City

Lahore

Postal code

54000

Phone

+92 42 35940444

Email

farhia@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah International University QIE Campus

Full name of responsible person

Dr Syed Shakeel ur Rehman

Street address

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

City

Lahore

Postal code

54000

Phone

+92 42 35126110

Fax**Email**

shakil.urrehman@riphah.edu.pk

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Riphah International University QIE Campus

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

Full name of responsible person

Muhammad Shahzad Qadree

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

13-14-C-Civic Centre Near Hamdard Chowk Township
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Person responsible for scientific inquiries

Contact

Name of organization / entity

Riphah International University QIE Campus

Full name of responsible person

Prof. Dr. Syed Shakeel ur Rehman

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

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Person responsible for updating data

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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

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