Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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 30-70̊. 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 70̊ or below 30̊ 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
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Pakistan
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+92 42 35126110
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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

Inclusion/Exclusion criteria

Inclusion criteria:

Onset of radicular low back pain of less than 12 weeks. Pain upon active SLR in 30-70̊. 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 70̊ or below 30̊ 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

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

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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Riphah International University QIE Campus

Full name of responsible person
Dr Syed Shakeel ur Rehman

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

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Fax

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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

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Person responsible for scientific inquiries

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Full name of responsible person
Prof. Dr. Syed Shakeel ur Rehman

Position
Professor

Latest degree
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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