

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Sep 2026

### Comparison of Trigger Point Dry Needling and Thera Press Tool in Myofascial Neck Pain.

#### Protocol summary

##### Study aim

To compare the effect of trigger point Dry needling and Thera Press tool in treating myofascial neck pain, range of motion and pain pressure threshold.

##### Design

two groups, single blinded randomized controlled trial

##### Settings and conduct

Revive Spine & Pain Relief PT Clinic Max Rehab

##### Participants/Inclusion and exclusion criteria

inclusion: 1. Age 27 to 50 years 2. Both gender (Male & Females) 3. Male and females having neck pain . 4. Patients having trigger points (Active/latent) diagnosed by Simons and Travell criteria exclusion: 1. Any surgical and traumatic condition. 2. Any neurological symptom and sign (partial or complete loss of sensation, seizures, poor cognitive ability). 3. Cervical radiculopathy (inflamed/damaged nerve root due to bone spur or cervical herniated disc). 4. Any systemic disease (rheumatoid arthritis, tumors, infections).

##### Intervention groups

intervention group A dry needling technique intervention group B manual pressure technique with Thera Press tool

##### Main outcome variables

Pain, Function, Range of Motion, Pain Pressure Threshold

#### General information

##### Reason for update

##### Acronym

DNMPTMrPsNPRSNDIPPTLTR

##### IRCT registration information

IRCT registration number: **IRCT20200219046547N1**

Registration date: **2020-06-30, 1399/04/10**

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

Last update: **2020-06-30, 1399/04/10**

Update count: **0**

##### Registration date

2020-06-30, 1399/04/10

##### Registrant information

###### Name

Fatima Majeed

###### Name of organization / entity

Riphah International University Lahore

###### Country

Pakistan

###### Phone

+92 42 32185426

###### Email address

drfatimach@outlook.com

##### Recruitment status

###### Recruitment complete

##### Funding source

##### Expected recruitment start date

2020-04-01, 1399/01/13

##### Expected recruitment end date

2020-09-30, 1399/07/09

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison of Trigger Point Dry Needling and Thera Press Tool in Myofascial Neck Pain.

##### Public title

Comparison of Trigger Point Dry Needling and Thera Press Tool in Myofascial Neck Pain.

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

###### Inclusion criteria:

Age 27 to 50 years both genders (Male/Females) Male and females having neck pain Patients having trigger

points (Active/Latent)diagnosed by simons and travell criteria

**Exclusion criteria:**

1. Any surgical and traumatic condition. Ant neurological symptoms and sign(partial or complete loss of sensation,seizures,poor cognitive ability. Cervical radiculopathy (inflamed/damaged nerve root due to bone spur or cervical herniated disc) Any systemic disease (rheumatoid arthritis, tumors, infections).

**Age**  
From **27 years** old to **50 years** old

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**

- Outcome assessor

**Sample size**  
Target sample size: **40**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
written informed consent will be taken .After enrollment into study, the subjects will be divided into subgroups called blocks, then subjects within each block will randomly assigned into treatment group A or group B by block randomization method.

**Blinding (investigator's opinion)**  
Single blinded

**Blinding description**  
Outcome Assessor will be blinded by labeling the participants with different codes.

**Placebo**  
Not used

**Assignment**  
Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Secretary ethical review committee, Riphah College of Rehabilitation and Allied health Sciences

##### Street address

28-M, Quaid-e-Azam Industrial Estate, Kot Lakhpat, Lahore.

##### City

Lahore

##### Postal code

54000

#### Approval date

2020-02-08, 1398/11/19

#### Ethics committee reference number

1033

## Health conditions studied

### 1

#### Description of health condition studied

myofascial Neck pain

#### ICD-10 code

M54.2

#### ICD-10 code description

Myofascial pain syndrome of Neck/cervicalgia

## Primary outcomes

### 1

#### Description

Pain

#### Timepoint

baseline, after 3rd treatment session and after 6th treatment session

#### Method of measurement

Numeric Pain Rating Scale

### 2

#### Description

range of motion

#### Timepoint

baseline, after 3rd treatment session and after 6th treatment session

#### Method of measurement

Goniometer

## Secondary outcomes

### 1

#### Description

function

#### Timepoint

baseline, after 3rd treatment session and after 6th treatment session

#### Method of measurement

Neck disability index

### 2

#### Description

pain pressure thershold

#### Timepoint

baseline, after 3rd treatment session and after 6th treatment session

#### Method of measurement

Algometer

## Intervention groups

**1**

**Description**

Intervention group: group A dry needling

**Category**

Treatment - Other

**2**

**Description**

Intervention group: group B manual pressure technique with thera press tool

**Category**

Treatment - Other

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Revive Spine & Pain Relief PT Clinic

**Full name of responsible person**

Fatima Majeed

**Street address**

4C,GCP Shoukat Khanum Society Lahore

**City**

Lahore

**Postal code**

54000

**Phone**

+92 42 32184747

**Email**

Drfatimach@outlook.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**

1033

**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**

Public

**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 Lahore

**Full name of responsible person**

Fatima Majeed

**Position**

student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Physiotherapy

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## Person responsible for updating data

### Contact

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Riphah International University Lahore  
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**Postal code**  
54000  
**Phone**

## 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