

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

“Effects of muscle energy technique with and without functional task training on pain and disability in sacroiliac joint dysfunction”

Protocol summary

Study aim

To determine the effects of muscle energy technique with and without functional task training on pain and disability in sacroiliac joint dysfunction.

Design

The study will be randomized clinical trial

Settings and conduct

- Boston physiotherapy and wellness clinic, lahore • Fatima Memorial Hospital Shadman Lahore.

Participants/Inclusion and exclusion criteria

Total forty 40 patients will be recruited in the study. The subjects will be randomly assigned to two groups A & B with each containing 20 subjects according to their number in computer generated table. INCLUSION CRITERIA: 1. Subjects between 18 to 35 year of age 2. Subjects with history of recurrent LBP . 3. At least three out of five tests must be positive. 4. Pain at the fortin area EXCLUSION CRITERIA: 1. Patients with radiating pain past the knee. 2. Lumbar disc herniation 3. Spinal deformities 4. Any spinal surgery history

Intervention groups

Total forty subjects will be recruited which will be divided into two groups. Group A will be treated with muscle energy technique (METs) while Group B will receive functional task training along with METs.

Main outcome variables

Pain(Numeric Pain Rating Scale.) Function(Modified Oswestry disability index) .

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191009045045N1**

Registration date: **2020-05-23, 1399/03/03**

Registration timing: **prospective**

Last update: **2020-05-23, 1399/03/03**

Update count: **0**

Registration date

2020-05-23, 1399/03/03

Registrant information

Name

SUMAIRA PERVEEN

Name of organization / entity

Riphah international university ,Lahore

Country

Pakistan

Phone

+92 42 27577009

Email address

sumairach25fpur@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-06-01, 1399/03/12

Expected recruitment end date

2020-08-01, 1399/05/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

“Effects of muscle energy technique with and without functional task training on pain and disability in sacroiliac joint dysfunction”

Public title

“Effects of muscle energy technique with and without functional task training on pain and disability in sacroiliac joint dysfunction”

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Subjects between 18 to 35 year of age
Subjects with history of recurrent LBP
At least three out of five tests must be positive.
Pain at the fortin area

Exclusion criteria:

Patients with radiating pain past the knee.
Lumbar disc herniation
Spinal deformities
Any spinal surgery history

Age

From **18 years** old to **35 years** old

Gender

Both

Phase

2

Groups that have been masked

- Data analyser

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

The subjects will be randomly assigned to two groups A & B with each containing 20 subjects according to their number in computer generated table.

Blinding (investigator's opinion)

Single blinded

Blinding description

The study is single blinded. The data analyzer after the research will be remain blinded

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

BASR (Board of Advanced Studies and Research)

Street address

Ripha international university, QIE campus, mader-millet road Lahore.

City

lahore

Postal code

54000

Approval date

2019-09-26, 1398/07/04

Ethics committee reference number

REC/RCRS/20/1013

Health conditions studied

1

Description of health condition studied

sacroiliac joint dysfunction

ICD-10 code

M99.04

ICD-10 code description

sacroiliac joint dysfunction

Primary outcomes

1

Description

Pain

Timepoint

Evaluation will be done before treatment after one week, at second week and at the end of third week

Method of measurement

Numeric Pain Rating Scale.(NPRS)

2

Description

Function

Timepoint

Evaluation will be done before treatment after one week, at second week and at the end of third week

Method of measurement

Modified oswestry disability index (MODI).

Secondary outcomes

empty

Intervention groups

1

Description

Control group: will be treated with muscle energy technique (METs)

Category

Rehabilitation

2

Description

Intervention group: will receive functional task training along with METs.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

- Boston physiotherapy and wellness clinic, Lahore

Full name of responsible person

DR. Fareeha shah

Street address

bilal street,new garden town lahore

City

Lahore

Postal code

54000

Phone

+92 42 27577009

Email

sumaira25fpur@gmail.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Ripha international university ,lahore

Full name of responsible person

dr. salman bashir

Street address

RiphaH international University,Lahore

City

Lahore

Postal code

54000

Phone

+92 42 24497959

Fax

+92 42 24497959

Email

salman.bashir@ripha.edu.pk

Web page address<https://www.lahore.riphah.edu.pk/>**Grant name**

student

Grant code / Reference number

N/A

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

No

Title of funding source

academic support only

Proportion provided by this source

5

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**

Boston physiotherapy and wellness clinic Lahore

Full name of responsible person

Sumaira perveen

Position

senior physiotherapist

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

garden town,lahore

City

lahore

Province

punjab

Postal code

54000

Phone

+92 42 27577009

Fax

+92 42 27577009

Email

sumairach25four@gmail.com

Web page address<https://oladoc.com/pakistan/lahore/h/boston-physiotherapy-and-wellness-clinic/4955>**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Boston physiotherapy and wellness clinic,lahore

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Web page address<https://oladoc.com/pakistan/lahore/h/boston-physiotherapy-and-wellness-clinic/4955>**Person responsible for updating data****Contact****Name of organization / entity**

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is 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

Not applicable

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

Title and more details about the data/document

Effects of muscle energy technique with and without functional task training on pain and disability in sacroiliac joint dysfunction"

When the data will become available and for how long

it will be available after study completion

To whom data/document is available

to researcher for study only.patient data will not be shown

Under which criteria data/document could be used

under the usage with terms in which journal is accessed /processed for publication

From where data/document is obtainable

from the University office and Responsible supervisor and from journal we will process in future

What processes are involved for a request to access data/document

It will be only used in confidential way for improving research and benefit of humanity

Comments

no comment