

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison of Active release and Post isometric relaxation techniques on Functional performance in Patients with chronic lateral epicondylitis.

Protocol summary

Study aim

- 1) To determine the effects of Active Release and Post isometric Relaxation Techniques on pain and functional performance in patients with chronic lateral epicondylitis.
- 2) To determine the effects of Active Release and Post isometric Relaxation Techniques on grip strength in patients with chronic lateral epicondylitis.

Design

1. Single blinded Randomized clinical trial.
2. Outcomes Assessor (single blinded).
3. Clinical diagnosed with lateral epicondylitis by orthopedic surgeon.

Settings and conduct

Settings: Sialkot medical complex hospital. Conduct: OPD of related hospital (physiotherapy department). Single blinded: A clinical trial in which outcomes assessor is blinded. An expert medical officer is working as outcomes assessor. Assessor has taken a Pre and Post treatment evaluation.

Participants/Inclusion and exclusion criteria

Inclusion criteria: • Subject with unilateral epicondylitis. • Age group between 25-45 years with pain of at least 6 weeks. • Both genders (males and females). Exclusion criteria: • History of cervical radiculopathy. • History of peripheral nerve involvement. • History of previous surgery of elbow.

Intervention groups

Techniques apply containing active release technique with conventional treatment (pulse ultrasound for 5 minutes) for lateral epicondylitis and Post isometric relaxation (METS) with conventional protocol for lateral epicondylitis patient.

Main outcome variables

Outcome variables: Pain by NPRS tool. Grip strength by Dynamometer. Functional performance by PRTEE scale

General information

Reason for update

Acronym

LE (Lateral Epicondylitis)

IRCT registration information

IRCT registration number: **IRCT20200502047274N1**
Registration date: **2020-05-18, 1399/02/29**
Registration timing: **registered_while_recruiting**

Last update: **2020-05-18, 1399/02/29**

Update count: **0**

Registration date

2020-05-18, 1399/02/29

Registrant information

Name

Ans Hanif

Name of organization / entity

Country

Pakistan

Phone

+92 52 3312562

Email address

anshanif01@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-09-26, 1398/07/04

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

Comparison of Active release and Post isometric relaxation techniques on Functional performance in Patients with chronic lateral epicondylitis.

Public title

Compare Strengthening and stretching exercises to improve functional activities in right sides elbow pain

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Subject with unilateral epicondylitis. Age group between 25-45 years with pain of atleast 6 weeks. Both genders (males and females). Subject with pain over lateral epicondyle upon palpation, resisted wrist extension or 2nd or 3rd finger extension. Subject lies on 6-10 point in NPRS. Subject with positive Mill's and Cozen's test.

Exclusion criteria:

History of cervical radiculopathy. History of peripheral nerve involvement. History of previous surgery of elbow. History of previous physiotherapy treatment and any steroid injection during last 6 months.

Age

From **25 years** old to **40 years** old

Gender

Both

Phase

1-2

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

All subjects will be allocated to group A and B by simple randomization method using random number table. Each participant will be requested to draw either number one or number two from a box. Number one will be allocated to Group A and number two will be allocated to group B.

Blinding (investigator's opinion)

Single blinded

Blinding description

A clinical trial in which outcomes assessor is blinded. An expert medical officer is working as outcomes assessor. Assessor has taken a Pre and Post treatment evaluation.

Placebo

Not used

Assignment

Parallel

Other design features

Randomized clinical trial

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

"Ethics committees of Riphah International university

Islamabad"

Street address

I-14, near Hajj Complex, Capital Territory, Islamabad

City

Islamabad

Postal code

46000

Approval date

2019-11-30, 1398/09/09

Ethics committee reference number

005896

Health conditions studied**1****Description of health condition studied**

Lateral Epicondylitis

ICD-10 code

M77.10

ICD-10 code description

Lateral epicondylitis, unspecified elbow

Primary outcomes**1****Description**

Grip Strength

Timepoint

6 weeks before Intervention

Method of measurement

Hand held Dynamometer

Secondary outcomes

empty

Intervention groups**1****Description**

"Intervention group 1:"Active release technique with conservative protocol (pulse ultrasound 5minutes) for lateral epicondylitis patient. "Interventional group 2:" Post isometric relaxation techniques with conservative protocol (pulse ultrasound 5 minutes) for lateral epicondylitis patient.

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Sialkot Medical Complex, Sialkot

Full name of responsible person

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No 1, Commissioner Road, Sialkot

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

Riphah International University

Full name of responsible person

Shakil ur rehman

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

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Phone**Email**

Admissions.lahore@riphah.edu.pk

Grant name

Shakil Ur Rehman

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

No

Title of funding source

" Investigator initiated"

Proportion provided by this source

1

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**

Sialkot Medical Complex, Sialkot

Full name of responsible person

Salman Iftkhar

Position

Consultant

Latest degree

Master

Other areas of specialty/work

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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

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

Not applicable

Data Dictionary

Not applicable