

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Effects of mobilization with movement at Sacroiliac joint with and without Postero-Anterior Glide at L5-S1 in patients with Sacroiliac joint dysfunction

#### Protocol summary

##### Study aim

To evaluate the Effects of mobilization with movement at Sacroiliac joint with and without Postero-Anterior Glide at L5-S1 in patients with Sacroiliac joint dysfunction.

##### Design

Randomized, parallel-group trial with blinded patient and assessor in 26 patients randomly assigned by computerised method with concealed randomisation sequence carried out at an external site

##### Settings and conduct

Ghurki trust and teaching hospital National hospital defence max rehabilitation centre patient and assessor will be blinded, them without knowing to which group they belong and whom they are assessing, researcher will allocate and therapist will be treating.

##### Participants/Inclusion and exclusion criteria

**INCLUSION CRITERIA:** Patients who had an acute unilateral or bilateral SIJ syndrome during the past 6 weeks, level of pain over the previous 24 h increased, no manipulative treatment within the past month, Pain and tenderness at SIJ, FABER, compression, distraction, and Gaenslen's. provocation tests **POSITIVE EXCLUSION CRITERIA:** Previous spinal manipulative treatment, Having pain and discomfort in the lumbar spine, Destructive lesions of the spine, ribs and pelvis, Cauda equina syndrome, gross instability or active infection, Pregnancy, Spondylolysthesis, and previous back surgery.

##### Intervention groups

Intervention group: After taking consent from both groups, interventional group will be treated with postero-anterior glide at L5-S1 with mobilization with movement at sacroiliac joint **CONTROL GROUP** will be treated with mobilization with movement at sacroiliac joint only

##### Main outcome variables

Numeric pain rating scale (NPRS) Oswestry Disability Questionnaire (ODQ)

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20200527047582N1**

Registration date: **2020-07-21, 1399/04/31**

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

Last update: **2020-07-21, 1399/04/31**

Update count: **0**

##### Registration date

2020-07-21, 1399/04/31

##### Registrant information

##### Name

Hufsa Tariq

##### Name of organization / entity

Riphah international university

##### Country

Pakistan

##### Phone

+92 42 36603199

##### Email address

hufsa.tariq5@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-11-05, 1398/08/14

##### Expected recruitment end date

2020-08-05, 1399/05/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

### Scientific title

Effects of mobilization with movement at Sacroiliac joint with and without Postero-Anterior Glide at L5-S1 in patients with Sacroiliac joint dysfunction

### Public title

Comparison of effects of mobilization with movement at Sacroiliac joint with and without Postero-Anterior Glide at L5-S1 in patients with Sacroiliac joint dysfunction

### Purpose

Treatment

### Inclusion/Exclusion criteria

#### Inclusion criteria:

Patients who had an acute unilateral or bilateral SIJ syndrome during the past 6 weeks. Those in whom the level of pain over the previous 24 h increased Patients having no manipulative treatment within the past month. Pain and tenderness at SIJ FABER, compression, distraction, and Gaenslen's. provocation tests POSITIVE

#### Exclusion criteria:

Previous spinal manipulative treatment Having pain and discomfort in the lumbar spine Destructive lesions of the spine, ribs and pelvis cauda equina syndrome Patients having gross instability or active infection Pregnancy, Spondylolysthesis, and previous back surgery.

### Age

From **25 years** old to **49 years** old

### Gender

Both

### Phase

N/A

### Groups that have been masked

- Participant
- Outcome assessor

### Sample size

Target sample size: **26**

### Randomization (investigator's opinion)

Randomized

### Randomization description

The basic strategy used for randomization will be the development of an ordered list with group assignments made in advance using simple random sampling by random number generator. As participants enter the study, they will be given consecutive numbers and assigned to the group indicated for each number

### Blinding (investigator's opinion)

Double blinded

### Blinding description

The patient will be blinded to their group allocation. They will receive their allocated treatment without the knowledge of whether they belong to the control group or interventional group. The duration of the treatment session will be the same for both groups. The assessor will be a physical therapist who will have no role in the treatment of the patients. The collected data will be analyzed by a biostatistician who will be unaware of the group specification of data.

### Placebo

Not used

### Assignment

Parallel

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

riphah college of rehabilitation sciences

##### Street address

near hajj complex, 1-14, islamabad capital territory

##### City

islamabad

##### Postal code

46000

#### Approval date

2019-11-30, 1398/09/09

#### Ethics committee reference number

REC/RCRS/20/1026

## Health conditions studied

### 1

#### Description of health condition studied

sacroiliac joint dysfunction

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

pain

#### Timepoint

before intervention, after intervention , after 2 weeks and after one month.

#### Method of measurement

Numeric pain rating scale (NPRS): NPRS is anchored by terms describing pain severity extremes. The 11-point numeric scale ranges from '0' representing one pain extreme (e.g. "no pain") to '10' representing the other pain extreme (e.g. "pain as bad as you can imagine" or "worst pain imaginable").

## Secondary outcomes

### 1

#### Description

disability

#### Timepoint

Subjects will be reassessed by researcher immediately after treatment, after 2 weeks and after one month.

Treatment sessions (3 session a week) will be given to the subjects.

### Method of measurement

Oswestry Disability Questionnaire (ODQ):It is a functional index designed to determine the symptoms and limitations that patient experiences while performing daily activities. This scale consists of 10 items in the form of activities of daily living with each item scoring from 0 to 5 where 0 is no difficulty in performing that activity and 5 is inability to do that activity. This will used for assessment of the associated disability

## Intervention groups

### 1

#### Description

Intervention group 1: Mobilisation with movement at Sacroiliac joint dysfunction with Poster-anterior glide at L5-S1. After taking consent 3 sessions per week will be given to the patient. each session will be of 30-45 mins. The total treatment will be of 2 weeks. sustained glide with 10 repetitions and patient advised to actively move the body in mobilization with movement whereas in posteroanterior glide 30 oscillations in each set at the spinous process of L5-S1. 3 sets of both interventions will be applied and prior to treatment hot pack for 20 minutes.

#### Category

Rehabilitation

### 2

#### Description

Intervention group 2: hot pack will be applied prior to treatment for 20 minute. this group will only receive mobilization with movement at sacroiliac joint for 2 weeks. 3 sets and 3 sessions per week. In each set 10 repetitions of sustained glide and patient actively doing push-ups.

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

national hospital

##### Full name of responsible person

Dr. Shehzad Ahmed

##### Street address

132\3, L-Block, phase 1, Near Sports Stadium, Sector L Dha Phase 1, Lahore, Punjab

##### City

lahore

##### Postal code

34000

##### Phone

+92 42 36603199

##### Email

shahzad.ahmad@lmdc.edu.pk

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Ghurki trust and teaching hospital, Lahore

##### Full name of responsible person

Hassan bin Ikram

##### Street address

GT RD-BURKI ROAD LINK, BAND ROAD, JALLO MORE

##### City

lahore

##### Postal code

53401

##### Phone

+92 42 37392201

##### Email

marketing.ghurkihospital@gmail.com

#### Grant name

#### Grant code / Reference number

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

No

#### Title of funding source

Ghurki trust and teaching hospital

#### Proportion provided by this source

100

#### 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

Other

## Person responsible for general inquiries

#### Contact

##### Name of organization / entity

Riphah international university

##### Full name of responsible person

Hufsa Tariq

##### Position

Student

##### Latest degree

Master

##### Other areas of specialty/work

Physiotherapy

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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**Latest degree**

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**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

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