

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Effects of Cyriax Manual Therapy Versus Mulligan Technique on clinical and functional outcomes in Patients with Lateral Epicondylitis

Protocol summary

Study aim

To compare the effects of Cyriax Manual Therapy versus Mulligan Technique on Clinical and Functional Outcomes in patient with Lateral Epicondylitis.

Design

Parallel group, double blinded, randomized controlled trial

Settings and conduct

The study would be double blinded as the participant and assessors of the study would be kept blind of the treatment group to which the patient will be allocated. The data will be collected from Physiotherapy Department, Gosha E Shifa Hospital, Lahore

Participants/Inclusion and exclusion criteria

Inclusion criteria: A Diagnosed Male and Female cases referred from Gosha E Shifa Hospital having age of 20 to 50 year are included in this study. Exclusion Criteria: the patient having any surgery or trauma of Elbow, Steroid injection for lateral epicondylitis, any Skin hypersensitivity or any Congenital deformity, Any Infection like Osteomyelitis, Ulcers, open wound or pathology of Shoulder Joint will be excluded.

Intervention groups

Group A participant will receive routine physical therapy as 10 minute TENS, 10 minute strengthening exercise of Extensor carpi longus,, 10 minute deep Friction Massage and Mill's manipulation. Group B will receive Movement with Mobilization will applied on elbow in supine position, shoulder positioned as internal rotation, forearm pronation and elbow extension with 10 repetitions for 6 seconds with 15 seconds duration of rest, with routine physical therapy as 10 minute TENS, 10 minute strengthening exercise of Extensor carpi longus.

Main outcome variables

pain intensity, hand grip and functional activity

General information

Reason for update

Acronym

Nida Akbar Rajput

IRCT registration information

IRCT registration number: **IRCT20200608047698N1**

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

Nida Akbar

Name of organization / entity

University of Lahore

Country

Pakistan

Phone

+92 233 837764

Email address

rajputnida75@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-03-15, 1398/12/25

Expected recruitment end date

2020-09-15, 1399/06/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Cyriax Manual Therapy Versus Mulligan

Technique on clinical and functional outcomes in Patients with Lateral Epicondylitis		Lahore	
Public title		City	
Lateral Epicondylitis		lahore	
Purpose		Postal code	
Treatment		54000	
Inclusion/Exclusion criteria		Approval date	
Inclusion criteria:		2020-03-06, 1398/12/16	
Diagnosed cases of Lateral Epicondylitis referred from Gosha E Shifa Hospital included Either genders minimum 20 years and maximum 50 year age		Ethics committee reference number	
Exclusion criteria:		IRB-UOL-FAHS/716-I/2020	
History of Any surgery/trauma of Elbow Steroid injection for lateral epicondylitis Skin hypersensitivity Any systematic disease like Rheumatoid arthritis, SLE Any Infection like Osteomyelitis, Ulcers, open wound Any Congenital deformity or pathology of Shoulder Joint		Health conditions studied	
Age		1	
From 20 years old to 50 years old		Description of health condition studied	
Gender		Lateral Epicondylitis	
Both		ICD-10 code	
Phase		M77.1	
N/A		ICD-10 code description	
Groups that have been masked		Lateral epicondylitis	
- Participant - Outcome assessor		Primary outcomes	
Sample size		1	
Target sample size: 66		Description	
Randomization (investigator's opinion)		pain Intensity	
Randomized		Timepoint	
Randomization description		before intervention and then on 4th week and 8th week	
The patient having Diagnosed lateral epicondylitis will be recruited in the study by convenient sampling Technique		Method of measurement	
Blinding (investigator's opinion)		Numeric Pain Rating Scale	
Double blinded		2	
Blinding description		Description	
This will be double blind study as the assessor and participant will not be disclosed about the study group. The data will be collected by assessor and will be provided to the researcher.		Grip strenght	
Placebo		Timepoint	
Not used		before intervention and then on 4th week and 8th week	
Assignment		Method of measurement	
Parallel		Dynamometer	
Other design features		3	
Secondary Ids		Description	
empty		Activities of daily living	
Ethics committees		Timepoint	
1		before intervention and then on 4th week and 8th week	
Ethics committee		Method of measurement	
Name of ethics committee		Patient Rated Tennis Elbow Evaluation	
Ethics Committee of The University of Lahore "Institutional Review Board"		Secondary outcomes	
Street address		empty	
defence road campus,new campus ,The University of		Intervention groups	
		1	
		Description	
		In group A participant will receive routine physical therapy. Patient will recieve TENS Therapy for 10 minute, Afterward strengthening of Extensor carpi longus for 10	

minutes, In the last patient will receive Cyriax Techniques as Deep Friction Massage and Mill's manipulation

Category

Rehabilitation

2

Description

Group B patient will receive Movement with Mobilization applied on elbow in supine position, shoulder positioned as internal rotation, forearm pronation and elbow extension with 10 repetitions for 6 seconds with 15 seconds duration of rest, While receive routine physical therapy as 10 minute TENS, 10 minute strengthening exercise of Extensor carpi longus for last 10 minute.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

The Physiotherapy Department, Gosha E Shifa Hospital, Lahore

Full name of responsible person

Mudassir Yaseen

Street address

759-A Block, Gulshan Ravi, Lahore

City

lahore

Postal code

0544

Phone

+92 42 37812194

Email

mudassaryasinpt@gmail.com

Web page address

http://www.grwtrust.org/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Lahore

Full name of responsible person

Dr Waqar Afzal PT

Street address

defence road Lahore

City

lahore

Postal code

54000

Phone

+92 51 4486422

Fax

+92 51 4486422

Email

waqarafazal621@gmail.com

Web page address

https://www.uol.www.uol.edu.pk

Grant name

student

Grant code / Reference number

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

No

Title of funding source

Academic support Only

Proportion provided by this source

20

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

The University of Lahore

Full name of responsible person

Nida Akbar

Position

lecturer/physiotherapist

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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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 Cyriax Manual Therapy versus Mulligan Technique on Clinical and Functional Outcomes in Patients with Lateral Epicondylitis

When the data will become available and for how long

after publication

To whom data/document is available

people working in academic institutes

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

Through email to Investigator rajputnida75@gmail.com

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 can provide on request through email to Investigator rajputnida75@gmail.com

Comments

data can be provided on request

Person responsible for updating data**Contact****Name of organization / entity**

The University of Lahore

Full name of responsible person

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Latest degree

Master

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