

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

EFFECTIVENESS OF SUSTAINED NATURAL APOPHYSEAL GLIDES ON CERVICOGENIC HEADACHE IN FEMALE WITH CERVICOGENIC HEADACHE: A RANDOMIZED CONTROLLED TRIAL

Protocol summary

Study aim

The study was aimed to assess the effect of sustained natural apophyseal glides (SNAGs) in the treatment of cervicogenic headache

Design

Two arm parallel group randomised trial with blinded postoperative care and outcome assessment

Settings and conduct

The trial was completed at Safi Hospital Faisalabad. A sample of 40 female patients with cervicogenic headache aged 20 to 40 were randomly assigned into two groups, i-e 20 subjects to treatment group and 20 subjects to control group. SNAGs were applied to treatment group while control group was treated with placebo treatment

Participants/Inclusion and exclusion criteria

Inclusion Criteria • Females age group 20-40 years • Females with cervicogenic headache • Females with decreased range of motion of cervical region • Having at least one episode of CGH in previous 3 months Exclusion Criteria • Females with migraine and tension type headache • Females with herniated disc, fracture, radiculopathy and trauma • Females with known congenital, inflammatory and infectious conditions of cervical spine

Intervention groups

This group was treated with SNAG to relieve neck pain and headache. The SNAGs were applied for 20 minutes in each session to the treatment group, alternative three days per week, a total of 12 times for four weeks.

Main outcome variables

The VAS (visual analogue scale) and the NDI (neck weakness index) were used as main outcome measures

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200221046567N3**

Registration date: **2020-11-17, 1399/08/27**

Registration timing: **retrospective**

Last update: **2020-11-17, 1399/08/27**

Update count: **0**

Registration date

2020-11-17, 1399/08/27

Registrant information

Name

Muhammad Kashif

Name of organization / entity

Riphah International University

Country

Pakistan

Phone

+92 41 8777210

Email address

kashif.shaffi@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-03-01, 1397/12/10

Expected recruitment end date

2019-09-30, 1398/07/08

Actual recruitment start date

2019-03-01, 1397/12/10

Actual recruitment end date

2019-10-01, 1398/07/09

Trial completion date

2019-10-01, 1398/07/09

Scientific title

EFFECTIVENESS OF SUSTAINED NATURAL APOPHYSEAL GLIDES ON CERVICOGENIC HEADCHE IN FEMALE WITH CERVICOGENIC HEADCHE: A RANDOMIZED CONTROLLED TRIAL

Public title

EFFECTIVENESS OF SUSTAINED NATURAL APOPHYSEAL GLIDES ON CERVICOGENIC HEADCHE IN FEMALE WITH CERVICOGENIC HEADCHE

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Females age group 20-40 years with cervicogenic headache. Females with decreased range of motion of cervical region. Having at least one episode of CGH in previous 3 months

Exclusion criteria:

- Females with migraine and tension type headache
- Females with herniated disc, fracture, radiculopathy and trauma
- Females with known congenital, inflammatory and infectious conditions of cervical spine
- Females with neurogenic problem and surgical record

Age

From **20 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **40**

Actual sample size reached: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Subjects were randomly assigned into two groups following simple randomization procedures (computerized random numbers)

Blinding (investigator's opinion)

Single blinded

Blinding description

The assessors of the study was kept blind of the treatment group to which the patient will be allocated.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research and Ethics Committee ,Riphah College of Rehabilitation Sciences, Pakistan.

Street address

Satiana Road

City

Faisalabad

Postal code

3800

Approval date

2019-02-15, 1397/11/26

Ethics committee reference number

RCRAHS/ERB/227

Health conditions studied

1

Description of health condition studied

CERVICOGENIC HEADCHE

ICD-10 code

G44.89

ICD-10 code description

CERVICOGENIC HEADCHE

Primary outcomes

1

Description

Pain

Timepoint

Baseline and 1, 2, 3 and end of intervention

Method of measurement

Visual Analogue Scale (VAS)

2

Description

Level of Neck Disability

Timepoint

Baseline and 1, 2, 3 and end of intervention

Method of measurement

Neck Disability Index (NDI)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The SNAGs were applied for 20 minutes in each session to the treatment group, alternative three days per week, a total of 12 times for four weeks.

Category

Treatment - Other

2

Description

Control group: The control group received placebo treatment for 20 minutes, alternative three times per week, 2, a total of 12 times in four weeks

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Safi Hospital

Full name of responsible person

Muhammad Kashif

Street address

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Email

kashif.shaffi@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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Grant name

Grant code / Reference number

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

No

Title of funding source

Riphah International University

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

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Riphah International University

Full name of responsible person

Muhammad Kashif

Position

Associate Professor

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

Yes - There is 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

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

IPD collected for the primary outcome measure only

When the data will become available and for how long

starting 6 months after publication

To whom data/document is available

Academic institutions

Under which criteria data/document could be used

who want to compare/conduct studies on comparison of subtalar mobilization with conventional treatment for the management of CERVICOGENIC HEADCHE

From where data/document is obtainable

Principal Investigator by email: kashif.shaffi@gmail.com

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

An email request to Principal Investigator email: kashif.shaffi@gmail.com

Comments