

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparative Study of Cervical Traction and Positional Pain Release Phenomenon in the Management of Non Specific Neck Pain: A Randomised Clinical Trial

Protocol summary

Study aim

To find out the outcomes of traction versus positional pain relief phenomenon in the management of non specific neck pain.

Design

It was single blind, parallel group, single center randomized clinical trial with sample size of 42 patients enrolled between November 2017 to April 2018.

Settings and conduct

It was single blind, parallel group, single center randomized clinical trial, The study was conducted at Ittefaq Hospital Lahore.

Participants/Inclusion and exclusion criteria

Patients with Age 25-55 years of both Genders, Presenting with complaint of non-specific neck pain. and Limitation of Cervical Spine Range of Motion were included And • Patient with red flag sign, cervical injury, radiating pain, advanced degenerative changes, history of headache and vertigo, any Systemic Illness(e.g. Rheumatism) and altered Mental status were excluded from the study.

Intervention groups

Group A: Patients in this group were treated with neck isometrics, hot packs for 10 minutes and cervical traction for three times a week for four weeks. Group B: Patients in this group were treated with neck isometrics, hot packs for 10 minutes and Pain release phenomenon techniques 10×20 sec for three times a week for four weeks..

Main outcome variables

outcomes were measured as scores of visual Analogue Scale for Pain, Neck disability index for Functional outcomes and Range of motion.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201031049207N3**

Registration date: **2020-12-22, 1399/10/02**

Registration timing: **retrospective**

Last update: **2020-12-22, 1399/10/02**

Update count: **0**

Registration date

2020-12-22, 1399/10/02

Registrant information

Name

Wajida Perveen

Name of organization / entity

Sialkot college of Physical Therapy, Amin Welfare &Teaching Hospital, defence Road, Sialkot Pakistan

Country

Pakistan

Phone

+92 52 3250520

Email address

drwajidaperveenpt@scptamc.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-11-02, 1396/08/11

Expected recruitment end date

2018-04-29, 1397/02/09

Actual recruitment start date

2017-11-02, 1396/08/11

Actual recruitment end date

2018-04-29, 1397/02/09

Trial completion date

2018-05-05, 1397/02/15

Scientific title

Comparative Study of Cervical Traction and Positional Pain Release Phenomenon in the Management of Non Specific Neck Pain: A Randomised Clinical Trial

Public title

The effects of Positional Pain Release Phenomenon in Non Specific Neck Pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age 25-55 years Patients of both Genders. Presenting with complaint of non-specific neck pain Limitation of Cervical Spine Range of Motion

Exclusion criteria:

Patient with red flag sign. Patients with cervical injury. Patients with radiating pain. Patients with advanced degenerative changes. Patients with headache and vertigo. Patients with any Systemic Illness(e.g. Rheumatism) Patient with altered Mental status

Age

From **22 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **42**

Actual sample size reached: **42**

Randomization (investigator's opinion)

Randomized

Randomization description

The patients who met eligibility criteria's and signed the informed consent document were enrolled in the study. They were divided into two groups by using lottery method . No. of paper cards were equal to total sample size, odd Numbers were allocated to Group A and even number were allocated to Group B. Each patient were requested to draw a paper card from the box and after that patients were recruited into either Group A or Group B. In group-A patients were treated with neck isometrics with hot packs for 10 minutes and cervical traction. In group-B patients were treated with neck isometrics with hot packs for 10 minutes and Pain release phenomenon techniques 10×20 sec.

Blinding (investigator's opinion)

Single blinded

Blinding description

Assessor Blind: Data safety was ensured by assigning Specific Identity numbers and all consent, readings forms were placed in locker to blind Assessors.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

SCPT-IRB

Street address

Umer Street

City

Sialkot

Postal code

51310

Approval date

2017-10-10, 1396/07/18

Ethics committee reference number

SCPT-IRB-DPT- 037-2017

Health conditions studied

1

Description of health condition studied

Non Specific Neck Pain

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Pain: Measured on visual analogue pain scale (VAS).

Timepoint

Before 1st treatment session and after last treatment session

Method of measurement

Recorded subjectively on VAS scoring chart.

2

Description

Functional outcome using neck disability index (NDI)

Timepoint

Before 1st treatment session and after last treatment session

Method of measurement

Recorded subjectively on NDI scoring chart.

3

Description

Range of motion

Timepoint

Before 1st treatment session and after last treatment session

Method of measurement

Measured objectively using Goniometer.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group A: Cervical traction group. Patients in this group were treated with neck isometrics, hot packs for 10 minutes and cervical traction for three times a week for four weeks.

Category

Treatment - Other

2

Description

Intervention group B: Positional Pain release phenomenon Group. Patients in this group were treated with neck isometrics, hot packs for 10 minutes and Pain release phenomenon techniques 10×20 sec for three times a week for four weeks.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Physiotherapy Department, Ittefaq Hospital, Lahore

Full name of responsible person

Samara Ashfaq

Street address

Feeroze pur Road

City

Lahore

Postal code

54000

Phone

+92 42 35881981

Email

info@ittefaqhospital.com

Web page address

https://www.ittefaqhospital.com/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah International University, Lahore

Full name of responsible person

Muqadas chaudary

Street address

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

City

Lahore

Postal code

54000

Phone

+92 42 35126110

Email

info@riphah.edu.pk

Web page address

https://lahore.riphah.edu.pk/

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Riphah International University, Lahore

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

Independent Medical College

Full name of responsible person

Sahreen Anwar

Position

Assistant Professor

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

Jinnah Colony

City

Faisalabad

Province

Punjab

Postal code

38000

Phone

+92 41 2617122

Email

sahreenanwar@yahoo.com

Web page address

http://www.imc.edu.pk/

Person responsible for scientific inquiries

Contact

Name of organization / entity

University of Management & Technology

Full name of responsible person

Muqadas Chaudary
Position
Assistant Professor
Latest degree
Master
Other areas of specialty/work
Physiotherapy
Street address
Township
City
Lahore
Province
Punjab
Postal code
54000
Phone
+92 42 35212801
Email
muqadas.ahaudary@umt.edu.pk
Web page address
<https://www.umt.edu.pk/>

Person responsible for updating data

Contact

Name of organization / entity
Sialkot College of Physical Therapy, Amin Welfare & teaching Hospital
Full name of responsible person
Wajida Perveen
Position
Assistant Professor
Latest degree
Master
Other areas of specialty/work
Physiotherapy
Street address
Umer Street
City
Sialkot
Province
Punjab

Postal code
51310
Phone
+92 52 3250520
Email
wjda_noor@yahoo.com
Web page address
<https://scholar.google.com/citations?user=7IAZykkAAAJ&hl=en>

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

Comparative Study of Cervical Traction and Positional Pain Release Phenomenon in the Management of Non Specific Neck Pain: A Randomised Clinical Trial

When the data will become available and for how long

after Publication for one year.

To whom data/document is available

Muqadas Chaudary

Under which criteria data/document could be used

for Citation.

From where data/document is obtainable

with Principal Investigator.

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

A formal Email request.

Comments