

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Evaluating the impacts of releasing the stiffness of hip adductor muscles on sacroiliac joint pain: a randomized clinical trial.

Protocol summary

Study aim

In our clinical experience, we have encountered numerous cases of sacroiliac joint pain, which also showed tightness of the hip adductor muscle. To answer the question of whether the release of the hip adductor muscles improves the treatment of sacroiliac joint pain, scientific sources were searched but no article was found in this field.

Design

A clinical trial with a control group, with parallel, non-blind, randomized with simple randomized groups on 40 patients

Settings and conduct

40 patients referred to the sports medicine department of Taleghani Hospital, with low back pain, who diagnosed sacroiliac joint pain and in the simultaneous examination of hip adductor muscle tightness are observed into two groups: A) Standard treatment of sacroiliac joint pain and release of hip adductor muscles and B) Standard treatment for sacroiliac joint pain will be divided. At the end of the treatment, the rate of change in sacroiliac joint pain in the two groups will be compared.

Participants/Inclusion and exclusion criteria

The sample size will be 40 people (20 people in group A, 20 people in group B). Inclusion criteria: 1-Low back pain less than 3 months 2- Sacroiliac joint disorder 3- Age 18-60 years Exclusion criteria: 1-Any contraindication for manual therapy

Intervention groups

People in 2 groups: A) Standard treatment of sacroiliac joint pain (including: daily heat therapy, needling painful areas (2 sessions per week), daily sacroiliac joint mobilization exercises) and release of hip adductor muscles and B) Standard treatment for sacroiliac joint pain will be divided.

Main outcome variables

At the beginning of each session and at the end of the treatment period, patients are evaluated for tenderness and sacroiliac joint pain and tenderness and stiffness of

hip adductors. Quality of life is assessed by an Oswestry questionnaire at the beginning and end of treatment.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201216049730N1**

Registration date: **2021-02-19, 1399/12/01**

Registration timing: **registered_while_recruiting**

Last update: **2021-02-19, 1399/12/01**

Update count: **0**

Registration date

2021-02-19, 1399/12/01

Registrant information

Name

Mohammad Hassabi

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-01-20, 1399/11/01

Expected recruitment end date

2021-07-23, 1400/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating the impacts of releasing the stiffness of hip adductor muscles on sacroiliac joint pain: a randomized clinical trial.

Public title

The impacts of releasing the stiffness of hip adductor muscles on sacroiliac joint pain

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

People with low back pain less than 3 months Diagnosis of sacroiliac joint disorder (3 or more positive test) Equal true and functional length of lower limb (functional length: distance between umbilicus to distal of medial ankle, true length: distance between anterior superior iliac spine to distal of medial ankle) No history of severe trauma to the spine, pelvis, lower limbs, abdomen and chest during the last 12 months No history of spine, pelvic, lower limb, abdomen and chest surgery during the last 12 months Absence of localized lesion of the spine including tumor, infection and fracture Absence of known congenital pelvic and spinal disorders that restrict movement or impair examination Absence of known systemic arthropathy Absence of neuropathy Absence of metabolic disorders Absence of symptoms or evidence of radiculopathy Absence of pregnancy No history of receiving any treatment for sacroiliac joint pain in the last 3 months Women should not be in the first six months after delivery Women should not be post menopausal

Exclusion criteria:

Any musculoskeletal disorder of the lower extremities that interferes with movement or examination

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **40****Randomization (investigator's opinion)**

Randomized

Randomization description

Study subjects are divided into two groups in a simple randomization with a ratio of one to one. In group A the stiffness of hip adductor muscles will be released in addition to the standard treatment of sacroiliac joint pain but group B will only receive the standard treatment of sacroiliac joint pain. The grouping will be written on pieces of paper, sealed in envelopes, and then given to the secretary. The secretary will randomly give one of the envelopes to the patient. The therapist will assign each patient to group A or B depending on the group written in the patient's envelope.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics Committee of Shahid Beheshti University of Medical Sciences

Street address

Shahid Beheshti University of Medical Sciences, Arabi Ave., Yemen St., Tehran, Tehran Province

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Tehran

Province

Tehran

Postal code

1983969411

Approval date

2020-12-12, 1399/09/22

Ethics committee reference number

IR.SBMU.RETECH.REC.1399.783

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

Sacroiliac joint pain and dysfunction: Painful touching of the sacroiliac joint and the positive test of 3 or more of the 6 tests diagnoses sacroiliac joint pain and dysfunction.

ICD-10 code**ICD-10 code description****2****Description of health condition studied**

Hip adductor muscles: include Adductor Longus, Adductor Brevis, and Adductor Magnus. In this study, Adductor longus muscle is examined. Diagnosis of hip adductor disorder can be made by two imaging techniques, including ultrasound or MRI or clinical examination.

ICD-10 code**ICD-10 code description****Primary outcomes**

1

Description

Sacroiliac joint pain

Timepoint

Before starting treatment, at the beginning of each treatment session, at the end of 4 treatment sessions

Method of measurement

The patient is asked and recorded as 0 (painless) to 10 (worst possible pain) by the visual analog scale (VAS).

2

Description

Sacroiliac joint tenderness

Timepoint

Before starting treatment, at the beginning of each treatment session, at the end of 4 treatment sessions

Method of measurement

Touch the sacroiliac joint to check for tenderness. Recording of tenderness information by a specialist doctor is done as follows: 1- No pain 2- Mild tenderness (causing pain with deep touch) 3- Moderate tenderness (causing pain with superficial touch) 4- Severe tenderness (severe reaction of the patient with superficial touch).

Secondary outcomes

1

Description

Quality of Life

Timepoint

Before starting treatment, at the end of 4 sessions of treatment

Method of measurement

Oswestry questionnaire

2

Description

Adductor muscle tenderness

Timepoint

Before starting treatment, at the beginning of each treatment session, at the end of 4 treatment sessions

Method of measurement

Touch the junction of the adductor longus muscle to check for tenderness. Tenderness is recorded by a sports medicine specialist as 1- painless 2- mild tenderness (causing pain with deep touch) 3- moderate tenderness (causing pain with superficial touch) 4- severe tenderness (severe reaction of the patient with superficial touch).

3

Description

Stiffness of adductor muscles

Timepoint

Before starting treatment, at the beginning of each treatment session, at the end of 4 treatment sessions

Method of measurement

Touch the length of the adductor longus muscle to check muscle stiffness. Stiffness is recorded by a sports medicine specialist in the form of 1- usual consistency 2- touch of stiffness 3- clear protrusion.

Intervention groups

1

Description

Intervention group: Group A, in addition to the standard treatment of sacroiliac joint pain, hip adductor muscles will be released. Duration of treatment: 4 sessions by the therapist (2 sessions per week) with daily exercises at home. Treatment of sacroiliac joint pain includes heat therapy for 5 minutes (daily), needling painful areas (2 sessions per week), sacroiliac joint mobilization exercises, each exercise 3 sets of 10 repetition, daily. Release of hip adductors including heat therapy for 5 minutes (daily), manual therapy (using friction massage and ischemic pressure) for 5 minutes (2 sessions per week), use of vibrator for 5 minutes (2 sessions per week), adductor stretching 30 seconds to the maximum range of motion without pain, 3 repetitions, daily

Category

Treatment - Devices

2

Description

Control group: Intervention group: Group B who will receive standard treatment for sacroiliac joint pain. Duration of treatment: 4 sessions by the therapist (2 sessions per week) with daily exercises at home. Treatment of sacroiliac joint pain includes heat therapy for 5 minutes (daily), needling painful areas (2 sessions per week), sacroiliac joint mobilization exercises, each exercise 3 sets of 10 repetition, daily.

Category

Treatment - Devices

Recruitment centers

1

Recruitment center

Name of recruitment center

Ayatollah Taleghani Hospital

Full name of responsible person

Mohammad Hassabi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Taleghani Hospital Development and Clinical Research Unit

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

Yes

Title of funding source

Shahid Beheshti University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

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**

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Seyedeh Sara Shams

Position

Specialized Resident in Sports Medicine

Latest degree

Medical doctor

Other areas of specialty/work

Sport Medicine

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Contact**Name of organization / entity**

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Person responsible for updating data

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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

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All potential data is shared in the form of an article after unidentifiable individuals

When the data will become available and for how long

Accessed since 2022

To whom data/document is available

Researchers working in academic and scientific institutions

Under which criteria data/document could be used

No analysis is allowed on the data

From where data/document is obtainable

sarashams@gmail.com

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

To access the data, individuals must send a request to the inserted email and after receiving the necessary checks and if they are eligible, they will receive the requested data within a month.

Comments