

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effectiveness of Low Level Laser Therapy for treatment of cervical pain in patients with trigger points of upper trapezius

Protocol summary

Study aim

To determine the effectiveness of low level laser therapy for treatment of cervical pain in patients with trigger point of upper trapezius muscle.

Design

Single Blind , parallel , Randomized Controlled Trial

Settings and conduct

This Randomized Controlled Trial ,Double Blind ,Parallel study will be conducted at University of Lahore Teaching Hospital

Participants/Inclusion and exclusion criteria

Inclusion : Patients diagnosed with active upper trapezius trigger point. •Both Male and female •Age ranges from 18 to 55 Exclusion : Participants having contraindications for LASER e.g. Pregnancy, Tumors, Implants, Pacemaker, •Past History of fracture of shoulder joint or cervical spine •Whiplash injury •Comorbid medical diagnosis e.g. osteoarthritis •Psychiatric illness (e.g., schizophrenia or substance abuse) •Irritable skin around the area of treatment

Intervention groups

Patients of group-A will receive conventional physical therapy along with low level laser therapy (LLLT with Omega Class IIIB Laser therapy unit with pen probe.) While patients of group B, will receive conventional physical therapy only.

Main outcome variables

Neck pain , Neck Range of Motion and Neck Disability Indexes

General information

Reason for update

Acronym

Cervical pain Trigger points Upper trapezius Neck Pain Neck Range of Motion Neck Disability Index Low Level Laser Therapy

IRCT registration information

IRCT registration number: **IRCT20210409050912N1**

Registration date: **2021-08-29, 1400/06/07**

Registration timing: **registered_while_recruiting**

Last update: **2021-08-29, 1400/06/07**

Update count: **0**

Registration date

2021-08-29, 1400/06/07

Registrant information

Name

Iqra Waseem

Name of organization / entity

Faisal Institute of Health Sciences

Country

Pakistan

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-07-28, 1400/05/06

Expected recruitment end date

2021-12-25, 1400/10/04

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Low Level Laser Therapy for treatment of cervical pain in patients with trigger points of upper trapezius

Public title

Low Level Laser Therapy for treatment of cervical pain in patients with trigger points of upper trapezius

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Diagnosed patients with active upper trapezius trigger point Age range from 18-55 years Male and Females

Exclusion criteria:

Participants having contraindications for LASER e.g. Pregnancy, Tumors, Implants, Pacemaker, Irritable skin around the area of treatment Past History of fracture of shoulder joint or cervical spine Whiplash injury Comorbid medical diagnosis e.g. osteoarthritis Psychiatric illness (e.g., schizophrenia or substance abuse). Psychiatric illness (e.g., schizophrenia or substance abuse).

Age

From **18 years** old to **55 years** old

Gender

Both

Phase

3

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **54**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants will be randomly allocated by use of computer-generated randomization sheet into two groups One for Group A and other for B. 2 Sets of 27 Unique Numbers per Set Range: From 1 to 54

Blinding (investigator's opinion)

Single blinded

Blinding description

The outcome assessor will be blind and will assess the subjects for inclusion criteria and will make assessment at the baseline ,then after 2 weeks and than after 4 weeks . Then outcome assessor will give all the recorded data to the principal investigator

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The University of Lahore

Street address

Lahore

City

Lahore

Postal code

38000

Approval date

2020-03-07, 1398/12/17

Ethics committee reference number

IRB-UOL-FAHS/718-IX/2020

Health conditions studied

1

Description of health condition studied

Upper Trapezius Trigger Points

ICD-10 code

Y93

ICD-10 code description

Trigger Points , Neck pain, neck ROM , Neck Functioning

Primary outcomes

1

Description

Neck pain

Timepoint

It will be assessed three times ,First at Baseline , Second after 02 weeks of treatment and third and last at the end of 04 weeks of treatment .

Method of measurement

Numeric Pain Rating Score- The numerical pain rating scale is considered as one of the best method available for the estimation of the intensity of pain. The NPRS is a categorical scale which provides a continuous scale for magnitude estimation of pain. NPRS consists of 11 points, which range from 0-10.0=no pain, 1-4=mild pain, 4-7=moderate pain 7-10=severe pain.

Secondary outcomes

1

Description

Neck Range of Motion.

Timepoint

First it will be assessed three times at Baseline , then after 02 weeks and at the end of 04 weeks of treatment .

Method of measurement

Universal Goniometer will used for measurement of Range of Motions of neck in all sides .

2

Description

Neck disability Index

Timepoint

First it will be assessed three times at Baseline , then after 02 weeks and at the end of 04 weeks of treatment.

Method of measurement

Neck Disability Index- The Neck Disability Index (NDI) is a 10-item questionnaire that measures a patient's self-

For sake of help and research promotion .

From where data/document is obtainable

from principal Investigator

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

The email is provided for this purpose .

Comments

This trial is purely based for study purpose .It has not involved any third party and any funding except educational support from the relative institute .