

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effects of Postural Correction and Myofascial Release among E-sports Players with Neck Pain and Disability. A Randomized Controlled Trial

#### Protocol summary

##### Study aim

The aim of this study is to compare the effects of posture correction and myofascial release on neck pain and disability among e-sports players.

##### Design

Randomized Controlled Trial; a single blinded study

##### Settings and conduct

E-Sports Gaming Arena, Single blinded study (assessors of the study would be kept blind of the treatment group to which the patient will be allocated)

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria: 15-30 years, Males only, Moderate intensity neck pain, Neck disability affecting the upper limb functions in performing daily activities of life.

Exclusion Criteria: History of any trauma or cervical fracture, History of any surgery within 3 months, History of any vascular or inflammatory disease, History of any neuropathies like neuropraxia, History of any psychiatric problems that would hinder the study.

##### Intervention groups

Group A will get instrumental assisted myofascial soft tissue release in which cervical muscles of the participants will be treated using special instruments to release the tissue resistance. Group B will get postural correction program in which mirror therapy to correct body alignment, standing in correct posture and performing neck holding exercises, stretches of anterior chest muscles and shoulder flattening exercises. Both groups will get Patient education, cervical ROM exercises and neck isometrics (as described in detail in main section of Intervention groups)

##### Main outcome variables

Pain Intensity, Neck disability

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20210413050960N1**

Registration date: **2021-05-31, 1400/03/10**

Registration timing: **registered\_while\_recruiting**

Last update: **2021-05-31, 1400/03/10**

Update count: **0**

##### Registration date

2021-05-31, 1400/03/10

##### Registrant information

###### Name

Haris Bin Tariq

###### Name of organization / entity

Riphah International Hospital

###### Country

Pakistan

###### Phone

+92 42 37414349

###### Email address

harisshah545@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2021-01-05, 1399/10/16

##### Expected recruitment end date

2021-06-05, 1400/03/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effects of Postural Correction and Myofascial Release among E-sports Players with Neck Pain and Disability. A Randomized Controlled Trial

## Public title

Effects of Postural Correction and Myofascial Release among E-sports Players with Neck Pain and Disability. A Randomized Controlled Trial

## Purpose

Treatment

## Inclusion/Exclusion criteria

### Inclusion criteria:

Moderate intensity neck pain Neck disability affecting the upper limb functions in performing daily activities of life. 15-30 years of age.

### Exclusion criteria:

History of any trauma or cervical fracture History of any surgery within 3 months. History of any vascular or inflammatory disease. History of any neuropathies like neuropraxia. History of any psychiatric problems that would hinder the study.

## Age

From **15 years** old to **30 years** old

## Gender

Male

## Phase

N/A

## Groups that have been masked

- Outcome assessor

## Sample size

Target sample size: **46**

## Randomization (investigator's opinion)

Randomized

## Randomization description

The subjects fulfilling the inclusion criteria will be enrolled after independent outcome assessor then, fish bowl method will be used for randomization. We simply write the names of all the members in a small-rolled piece of papers, then place it in a fish bowl. The subject's randomization method reduces the chances of bias group allocation.

## Blinding (investigator's opinion)

Single blinded

## Blinding description

The study would be single blinded as assessor of the study will be 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 & Ethical Review Committee, Riphah

College of Rehab. & Allied Health Sciences.

#### Street address

Madar-e-Millat Road, Quaid-e-Azam Industrial Estate  
Quaid e Azam Industrial Estate, Lahore, Punjab

#### City

Lahore

#### Postal code

54000

#### Approval date

2020-12-24, 1399/10/04

#### Ethics committee reference number

REC/RCR & AHS/20/0405

## Health conditions studied

### 1

#### Description of health condition studied

Neck Pain

#### ICD-10 code

M54.2

#### ICD-10 code description

Cervicalgia

## Primary outcomes

### 1

#### Description

Pain Intensity

#### Timepoint

Before treatment and then on 8th week

#### Method of measurement

Numeric Pain Rating Scale

### 2

#### Description

Neck Disability

#### Timepoint

Before treatment and then on 8th week

#### Method of measurement

Neck Disability Index

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Group A will get myofascial release treatment. This treatment will be given by using an instrument designed for releasing the myofascial knots and tissue resistance. Prior to the treatment thermotherapy will be given using hot pack for 10 minutes. After that instrumental assisted myofascial treatment will be given for 15 minutes. after the end of the session, participants will be advised to perform active cervical range of motion in all planes (flexion,

extension, lateral rotation, lateral flexion) 3 times. Then, neck isometrics will be performed with 3 repetitions (10 second hold). Treatment will be given for 8 weeks (Three sessions per week on alternative days)

**Category**

Rehabilitation

**2****Description**

Intervention group: Group B will get postural correction program. Prior to this program, thermotherapy will be given using hot pack for 10 minutes. After that, patient will perform active cervical range of motion in all planes (flexion, extension, lateral rotation, lateral flexion) 3 times. Then, neck isometrics will be performed with 3 repetitions (10 seconds hold). Then, postural correction program will be started. In this program, different methods will be used. Mirror therapy will be used in which participants will be asked to maintain their body in a correct posture by visualizing their selves in the mirror. After that participants will be asked to stand straight by the wall and they will be asked to hold their neck and flatten their shoulder for 30 seconds. This will be performed 3 times. After that, Stretches of the anterior chest muscles (pectoralis major and minor) will be given in sitting position. Stretches will be given 3 times (30 seconds hold). Treatment will be given for 8 weeks (Three sessions per week on alternative days)

**Category**

Rehabilitation

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Avengers Gaming Arena

**Full name of responsible person**

Waqas Hameed

**Street address**

House # 263-E, PIA Society, Lahore

**City**

Lahore

**Postal code**

54000

**Phone**

+92 42 32085145

**Email**

kingswiki@gmail.com

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Riphah International University, Lahore

**Full name of responsible person**

Haris Bin Tariq

**Street address**

Madar-e-Millat Road, Quaid-e-Azam Industrial Estate  
Quaid e Azam Industrial Estate, Lahore, Punjab

**City**

Lahore

**Postal code**

54000

**Phone**

+92 42 37414349

**Email**

harisshah545@gmail.com

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

No

**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**

Academic

**Person responsible for general inquiries****Contact****Name of organization / entity**

Riphah International University, Lahore

**Full name of responsible person**

Muzna Munir

**Position**

Senior Lecturer

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

Madar-e-Millat Road, Quaid-e-Azam Industrial Estate  
Quaid e Azam Industrial Estate, Lahore, Punjab

**City**

Lahore

**Province**

Punjab

**Postal code**

54000

**Phone**

+92 42 111 747 424

**Email**

muzna.munir@riphah.edu.pk

**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Riphah International University, Lahore

**Full name of responsible person**

Muzna Munir

**Position**

Senior Lecturer

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

Madar-e-Millat Road, Quaid-e-Azam Industrial Estate  
Quaid e Azam Industrial Estate, Lahore, Punjab

**City**

Lahore

**Province**

Punjab

**Postal code**

54000

**Phone**

+92 42 111 747 424

**Email**

muzna.munir@riphah.edu.pk

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

Riphah International University, Lahore

**Full name of responsible person**

Haris Bin Tariq

**Position**

Post graduate student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Physiotherapy

**Street address**

Madar-e-Millat Road, Quaid-e-Azam Industrial Estate  
Quaid e Azam Industrial Estate, Lahore, Punjab

**City**

Lahore

**Province**

Punjab

**Postal code**

54000

**Phone**

+92 42 111 747 424

**Email**

harisshah545@gmail.com

**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**

EFFECTS OF POSTURAL CORRECTION AND MYOFASCIAL  
RELEASE AMONG E-SPORTS PLAYERS WITH NECK PAIN  
AND DISABILITY. A RANDOMIZED CONTROLLED TRIAL  
and all collected deidentified IPD will be shared.

**When the data will become available and for how long**

After Publication

**To whom data/document is available**

people working in academic institutions and researchers

**Under which criteria data/document could be used**

on permission from investigator

**From where data/document is obtainable**

Through email to Investigator harisshah545@gmail.com

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

Through email to Investigator harisshah545@gmail.com

**Comments**