

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

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54000

Phone

+92 42 32085145

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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

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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, 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

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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

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

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Full name of responsible person

Haris Bin Tariq

Position

Post graduate student

Latest degree

Bachelor

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

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