

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

COMPARATIVE EFFECT OF UPPER THORACIC SPINE MOBILIZATION WITH MOBILITY EXERCISES AND UPPER CERVICAL SPINE MOBILIZATION WITH STABILIZATION EXERCISES IN MECHANICAL NECK PAIN

Protocol summary

Study aim

To evaluate effects of upper thoracic spine mobilization with mobility exercises and upper cervical spine mobilization with stabilization exercises in reducing pain, improving cervical ROM and function in treating patients with mechanical neck pain.

Design

Single Blinded Randomized Clinical Design

Settings and conduct

Faisal Hospital Faisalabad Mujahid Hospital Faisalabad
Bin Inam Physical Therapy & Chiropractic Rehab Clinic
Faisalabad Pro Health Wellness Center Faisalabad

Participants/Inclusion and exclusion criteria

Inclusion Criteria: • Male and female both genders • Age ranging from 20-40 years • Primary complaint of neck pain from past 12 weeks • Pain rating of more than 2 on NPRS • Reduced cervical ROM in extension, rotation and side bending • Neck Disability Index score of 20% or more i.e. 10 points or more on 0 to 50 scale
Exclusion Criteria: • Previous history of trauma or surgery to cervical or thoracic spine, whiplash injury • Presence of neurological deficits • Presence of bilateral upper extremity symptoms • Cervical myelopathy or nerve root pathology • Patients with positive Lhermitte's sign • Vascular diseases of head and neck • Presence of any red flags e.g. fracture, tumor • Any symptoms of CNS involvement • Patients with psychological disorders or those who can't comprehend given instructions.

Intervention groups

Treatment will be provided for 2 times a week for 4 weeks for both groups. Group A will perform upper thoracic mobilization and mobility exercise.

Main outcome variables

Numerical Pain Rating Scale Universal Goniometer Neck Disability Index

General information

Reason for update

Acronym

MNP

IRCT registration information

IRCT registration number: **IRCT20210630051741N1**

Registration date: **2021-08-01, 1400/05/10**

Registration timing: **registered_while_recruiting**

Last update: **2021-08-01, 1400/05/10**

Update count: **0**

Registration date

2021-08-01, 1400/05/10

Registrant information

Name

Dr. Ramesha Tahir Alvi

Name of organization / entity

The University of Faisalabad

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Pakistan

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+92 41 8502460

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-06-15, 1400/03/25

Expected recruitment end date

2021-10-15, 1400/07/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

COMPARATIVE EFFECT OF UPPER THORACIC SPINE MOBILIZATION WITH MOBILITY EXERCISES AND UPPER CERVICAL SPINE MOBILIZATION WITH STABILIZATION EXERCISES IN MECHANICAL NECK PAIN

Public title

COMPARATIVE EFFECT OF UPPER THORACIC SPINE MOBILIZATION WITH MOBILITY EXERCISES AND UPPER CERVICAL SPINE MOBILIZATION WITH STABILIZATION EXERCISES IN MECHANICAL NECK PAIN

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

- Male and female both genders
- Age ranging from 20-40 years
- Primary complaint of neck pain from past 12 weeks
- Pain rating of more than 2 on NPRS
- Reduced cervical ROM in extension, rotation and side bending
- Neck Disability Index score of 20% or more i.e. 10 points or more on 0 to 50 scale
- Commitment to comply with treatment plans

Exclusion criteria:

- Previous history of trauma or surgery to cervical or thoracic spine, whiplash injury
- Presence of neurological deficits
- Presence of bilateral upper extremity symptoms
- Cervical myelopathy or nerve root pathology
- Patients with positive Lhermitte's sign
- Vascular diseases of head and neck
- Presence of any red flags e.g. fracture, tumor, osteoporosis, rheumatoid arthritis, metabolic diseases, blood pressure at rest more than 140/90 mm Hg, chronic history of corticosteroid use
- Any symptoms of central nervous system (CNS) involvement e.g. hyperreflexia, sensory deficits and muscle atrophy in hands, nystagmus, unsteadiness in gait, loss of visual acuity, abnormal facial sensation, dysgeusia, positive pathological reflexes
- Patients with psychological disorders or those who can't comprehend given instructions.

Age

From **20 years** old to **40 years** old

Gender

Both

Phase

3

Groups that have been masked

- Participant

Sample size

Target sample size: **36**

More than 1 sample in each individual

Number of samples in each individual: **18**

Patients will be randomly assigned into two groups. Each group will comprise of 18 patients.

Randomization (investigator's opinion)

Randomized

Randomization description

Non-probability purposive sampling technique will be utilized for collecting sample and sample will be

allocated to treatment group A and B by using online randomization generator. 2 sets of 18 unique numbers per set Range: From 1 to 36— Sorted from Least to Greatest Group A: Thoracic Mobilization and Mobility Exercise

[1,2,6,7,10,11,15,17,18,19,20,22,23,24,29,32,33,35]

Group B: Cervical Mobilization and Stabilization Exercise

[3,4,5,8,9,12,13,14,16,21,25,26,27,28,30,31,32,34, 36]

Blinding (investigator's opinion)

Single blinded

Blinding description

Patients will be kept blind through allocation concealment to treatment group. Patients will be unaware of their respective group treatment plans.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethical Committee of The University of Faisalabad

Street address

Sargodha Rd, University Town, Faisalabad, Punjab 38000

City

Faisalabad

Postal code

38000

Approval date

2021-05-17, 1400/02/27

Ethics committee reference number

TUF/DR/MSPP/295

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

Mechanical neck pain can be defined as pain in neck or shoulder area aggravated by prolonged posture and movement of neck and palpation of neck musculature.

ICD-10 code

M54. 2

ICD-10 code description

Code M54. 2 is the diagnosis code used for Cervicalgia (Neck Pain). A disorder characterized by marked discomfort sensation in the neck area. Discomfort or more intense forms of pain that are localized to the cervical region. This term generally refers to

Primary outcomes

1

Description

The numerical pain rating scale was utilized to measure intensity of pain. Pain Intensity was rated on 0-10 scale at a horizontal bar. NPRS consists of 11 points, which range from 0= no pain, 1-4= mild pain, 4-7= moderate pain 7-10= severe pain

Timepoint

5 timepoints including Baseline, 1st week post treatment, 2nd week post treatment, 3rd week post treatment, 4th week post treatment

Method of measurement

Numerical Pain Rating Scale will be utilized to assess pain.

2

Description

Universal Goniometer will be used to measure Cervical ROM.

Timepoint

5 timepoints including Baseline, 1st week post treatment, 2nd week post treatment, 3rd week post treatment, 4th week post treatment

Method of measurement

Universal Goniometer will be used to measure Cervical ROM.

Secondary outcomes

1

Description

It is a questionnaire which measures the functional ability of the patient. Each item is scored on a 0 to 5 rating scale, in which zero means no pain and 5 means worst imaginable pain. All the points are summed to give a total score, which can be interpreted as 0 points= no activity limitations, 0-4 points = no disability, 5-14 points = mild disability, 15-24 points = moderate disability, 25-34 points = severe disability, 35-50 points = complete disability 50 points = complete activity limitation

Timepoint

2 timepoints including Baseline and 4th week post treatment

Method of measurement

Neck Disability Index will be used to measure neck disability.

Intervention groups

1

Description

Intervention group:

Category

Rehabilitation

2

Description

Intervention group:

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Faisal Hospital Faisalabad

Full name of responsible person

Dr. Qurat-ul-Ain

Street address

673-A Lower Canal Rd E, Block A People's Colony No 1, Faisalabad, Punjab

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2

Recruitment center

Name of recruitment center

Mujahid Hospital Faisalabad

Full name of responsible person

Dr. Muqaddas

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Green Belt Rd, Saddar Block Z Madina Town, Faisalabad, Punjab 38000

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3

Recruitment center

Name of recruitment center

Bin Inam Physical Therapy & Chiropractic Rehab Clinic Faisalabad

Full name of responsible person

Dr Awais Bin Inam

Street address

342b Satayana Rd, near ideal sweets, D Ground Block B People's Colony No 1, Faisalabad, Punjab

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4

Recruitment center

Name of recruitment center
Pro Health Wellness Center Faisalabad
Full name of responsible person
Dr. Samraiz Mughal
Street address
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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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

Self financed

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
The University of Faisalabad
Full name of responsible person
Dr. Ramesha Tahir; PT
Position
Principle Investigator/Student
Latest degree
Medical doctor
Other areas of specialty/work
Physiotherapy
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Person responsible for updating data

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Latest degree

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Other areas of specialty/work

Physiotherapy

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable