

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of cervical manipulation in posture related cervicogenic headache

Protocol summary

Study aim

To evaluate the effects of cervical manipulation on posture related cervicogenic headache.

Design

single blind, parallel assigned, multi-centered, randomized clinical trials will be conducted on 36 participants (two groups with 18 participants each) with history of posture related cervicogenic headache.

Settings and conduct

DHQ Gujranwala / Med care international hospital
Gujranwala participant kept anonymous for conducting the single blind trial.

Participants/Inclusion and exclusion criteria

Male and female participants of age 20 to 40 years with primary complaint of headache. Frequency of at least once a week from minimum of last 3 months and Minimum Neck Disability Index (NDI) disability score of 20 % or greater. joint tenderness exhibited in at least one of the three upper cervical joints (C0-C3) on assessing through manual palpation, non-throbbing and non-lancinating pain of moderate to severe intensity were included into the study. Excluded Having any other primary headaches e.g. migraine or tension headaches, presence of contraindications to cervical spinal manipulation, metabolic diseases, infection, dislocation, osteoporosis, anticoagulant user, chronic corticosteroid user, previous 3 months history of head or neck surgery, previous history of a whiplash injury within six weeks, bilateral headaches, cervical spine stenosis bilateral upper limb symptoms, exhibiting "5 D's" & "3 N's" signs and positive and cervical instability tests were excluded from the study. Patient using analgesic drugs.

Intervention groups

Group A: The baseline treatment will be 20 minutes of hot pack application and neck isometrics with additional treatment of cervical manipulation. Group B: only received baseline treatment 20 minutes of hot pack + neck isometrics will be performed.

Main outcome variables

cervicogenic headache (pain) Functional disability

Quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210813052160N1**

Registration date: **2021-08-22, 1400/05/31**

Registration timing: **registered_while_recruiting**

Last update: **2021-08-22, 1400/05/31**

Update count: **0**

Registration date

2021-08-22, 1400/05/31

Registrant information

Name

Saba Riaz

Name of organization / entity

Sial hospital

Country

Pakistan

Phone

+92 55 6706678

Email address

sabariaz458@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-05-21, 1400/02/31

Expected recruitment end date

2021-08-28, 1400/06/06

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of cervical manipulation in posture related cervicogenic headache

Public title

Effect of cervical manipulation in posture related cervicogenic headache due to use of electronic media in COVID -19.

Purpose

Health service research

Inclusion/Exclusion criteria**Inclusion criteria:**

Male and female participants participants of ages between 20-40 years participants with primary complaint of headache Frequency of at least once a week from minimum of last 3 months and Minimum Neck Disability Index (NDI) disability score of 20 % or greater participants eligible after being diagnosed cervicogenic headache using revised diagnostic criteria established by the Cervicogenic Headache International Study Group (CHISG) joint tenderness exhibited in at least one of the three upper cervical joints (C0-C3) on assessing through manual palpation non-throbbing non-lancinating pain of moderate to severe intensity were included into the study.

Exclusion criteria:

Participants having any other primary headaches e.g. migraine or tension headaches presence of contraindications to cervical spinal manipulation like tumor, pregnancy, rheumatoid arthritis, fracture, metabolic diseases, infection, dislocation, osteoporosis anticoagulant user, chronic corticosteroid user previous 3 months history of head or neck surgery previous history of a whiplash injury within six weeks bilateral headaches cervical spine stenosis bilateral upper limb symptoms presence of any signs showing central nervous system (CNS) involvement, presence of 2 or more nerve root compression signs, exhibiting "5 D's" & "3 N's"

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**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization is being accomplished using simple random sampling by mean of lottery method

Blinding (investigator's opinion)

Single blinded

Blinding description

The participant will not be aware of the study groups and this will be carried out by keeping them anonymous for the study period

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics and Technical committee of The University of Faisalabad

Street address

university Town, Sargodha Road

City

Faisalabad

Postal code

38000

Approval date

2021-05-21, 1400/02/31

Ethics committee reference number

TUF/DR/SA/MSPP/2021/213-230

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

Cervicogenic headache

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

cervicogenic headache

Timepoint

Before intervention, 2nd and 4th week

Method of measurement

Numerical Pain Rating Scale

Secondary outcomes**1****Description**

Functional Disability

Timepoint

Before intervention and 4th week

Method of measurement

Neck Disability Index

2**Description**

Quality of life

Timepoint

Before intervention and 4th week

Method of measurement

Headache Impact Test -6

Intervention groups**1****Description**

Intervention Group A: The participants will receive baseline treatment of hot -pack plus neck isometrics with additional treatment of Cervical manipulation.

Category

Treatment - Other

2**Description**

Control group B: The participants will receive only base line treatment (20 mints of hot pack and neck isometrics)

Category

Treatment - Other

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

District headquarter Hospital Gujranwala

Full name of responsible person

Adeel -ul- Rehman

Street address

DHQ Hospital, Hospital Rd, Civil Lines, Gujranwala

City

Gujranwala

Postal code

52250

Phone

+92 55 9200110

Email

rehmanadeel484@gmail.com

Web page address

https://punjab.gov.pk

2**Recruitment center****Name of recruitment center**

Med care international Hospital

Full name of responsible person

Akhtar Hunjra

Street address

Med care international Hospital Gill Rd, civil Lines,
Gujranwala

City

Gujranwala

Postal code

52250

Phone

+92 55 3732032

Email

drakhtarhunjra@gmail.com

Web page address

https://instacare.pk

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

Yasmin physiotherapy center

Full name of responsible person

Osama Ramzan

Street address

Sargodha Road ,Near Muslim town 3 opposite KIA
motors

City

Faislabad

Postal code

38000

Phone

+92 41 8785675

Email

osamaramzan@gmail.com

Web page address

http://omiphysio.com

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

No

Title of funding source

Yasmin physiotherapy center

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**

Sial hospital

Full name of responsible person

Saba Riaz

Position

clinical physiotherapist

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

Hunjra house verpal chattha,tehsil Wazirabad,District
,Gujranwala

City

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Province

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Fax**Email**

sabariaz458@gmail.com

Web page address

<https://www.marham.pk/hospitals/gujranwala/sial-hospital/ali-pur-chattha>

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Sial hospital

Full name of responsible person

Saba Riaz

Position

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Other areas of specialty/work

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Person responsible for updating data

Contact**Name of organization / entity**

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Full name of responsible person

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Web page address

<https://www.marham.pk/hospitals/gujranwala/sial-hospital/ali-pur-chattha>

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

As we have signed and assured the participants that there data will not be shared any where else other than study

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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

The primary and secondary outcome measure data will be shared and no further details regarding patients personal information will be provided.

When the data will become available and for how long

Starting in January 2022

To whom data/document is available

For every one regarding field

Under which criteria data/document could be used

Whoever will request for data

From where data/document is obtainable

Through Email adress

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

An email starting the use of data will be appreciated

Comments