

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

A Comparative Study of Maitland Mobilizations and Posterior Pelvic Tilting Exercises on Sciatica

Protocol summary

Study aim

To evaluate the effects of Maitland mobilizations and posterior pelvic tilting exercises on sciatica due to lumbar spondylosis

Design

Single blind, parallel assigned, single centred, randomized clinical trial that will be conducted on 38 participants with diagnosed lumbar spondylosis and associated sciatica, and the randomization being accomplished using simple random sampling by means of lottery method

Settings and conduct

DHQ hospital sheikhpura. the participants are kept anonymous for conducting the single-blind trial

Participants/Inclusion and exclusion criteria

Patients aged between 45-60 years, Both males and females, having lumbar spondylosis and associated sciatica, lumbar disk degeneration, Sciatic pain (Numeric pain rating scale from 3-7), Chronic low back pain, with straight leg raise test (SLR) positive and Confirmed degenerative changes of lumbar spine on X-ray, Osteoarthritis of peripheral joints were included in the study. Patients having spondylolisthesis or spondylolysis, Tumors of spine, Spine infection, Ankylosing spondylitis, Severe cases of spinal stenosis, Fractures of spine, Having any spinal surgery, Bone conditions like osteoporosis, Osteomalacia, Blood coagulation defects, Cervical myelopathy, co morbidities like diabetes, hepatitis, Autoimmune disorders, Gout, Any neurological deficit other than sciatic, Referred visceral pain and pregnant females were excluded from the study

Intervention groups

Group A : Participants will receive therapeutic ultrasound over low back area then Maitland mobilizations over affected vertebrae of Lumbar spine and posterior pelvic tilting exercises. Group B: Participants will receive therapeutic ultrasound over low back and posterior pelvic tilting exercises

Main outcome variables

sciatic pain

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210813052170N1**

Registration date: **2021-09-12, 1400/06/21**

Registration timing: **retrospective**

Last update: **2021-09-12, 1400/06/21**

Update count: **0**

Registration date

2021-09-12, 1400/06/21

Registrant information

Name

Sania Iqbal

Name of organization / entity

The University of Faisalabad

Country

Pakistan

Phone

+92 41 8868326

Email address

saniaiqbal130@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-05-25, 1400/03/04

Expected recruitment end date

2021-08-05, 1400/05/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
A Comparative Study of Maitland Mobilizations and Posterior Pelvic Tilting Exercises on Sciatica

Public title
Effect of Maitland Mobilizations on Sciatica

Purpose
Health service research

Inclusion/Exclusion criteria
Inclusion criteria:
 Patients aged between 45-60 years Both males and females Patients of lumber spondylosis and associated sciatica Patients of lumber disk degeneration(bulging,protrusion) Sciatic pain (NPRS from 3-7) Chronic low back pain (pain persisting for more than 3 months) SLR positive Confirmed degenerative changes of lumber spine on X-ray Osteoarthritis of peripheral joints
Exclusion criteria:
 Patients having spondylolisthesis or spondylolysis Tumors of spine Spine infected cases Patients of ankylosing spondylitis Severe cases of spinal stenosis Fractures of spine Patient having any spinal surgery Pregnant females Bone conditions like osteoporosis, osteomalacia Blood coagulation defects Cervical myelopathy Patients with co morbidities like diabetes, hepatitis Patients with autoimmune disorders like rheumatoid arthritis Gout Patients with any neurological deficit other than sciatica Patients with referred visceral pain

Age
From **45 years** old to **60 years** old

Gender
Both

Phase
3

Groups that have been masked

- Participant

Sample size
Target sample size: **38**

Randomization (investigator's opinion)
Randomized

Randomization description
The randomization of the participants was accomplished by using the simple random sampling. For the random allocation of the participants into groups, lottery method will be used, where the participants has equal chances of getting enrolled into any of the two groups.

Blinding (investigator's opinion)
Single blinded

Blinding description
The participants will not be aware of the study groups and this will be accomplished 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 Committe of The University of Faisalabad
Street address
 University town, Sargodha road Faisalabad
City
 Faisalabad
Postal code
 38000
Approval date
 2021-05-25, 1400/03/04
Ethics committee reference number
 TUF/DR/SA/MSPP/2021/213-230

Health conditions studied

1

Description of health condition studied
sciatica associated with lumber spondylosis

ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
sciatica

Timepoint
before intervention, after 2 weeks of intervention and after 4 weeks of intervention

Method of measurement
Visual analogue scale(VAS), straight leg raise (SLR)

Secondary outcomes

1

Description
Lumber disability

Timepoint
before intervention and 2 weeks and 4 weeks after intervention

Method of measurement
Roland-Morris disability questionnaire

Intervention groups

1

Description

Intervention group: Group A (Maitland Mobilizations combined with Posterior Pelvic Tilting Exercises)

Category

Treatment - Other

2

Description

Control group: Group B (Posterior Pelvic Tilting Exercises)

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

DHQ Hospital Sheikhpura

Full name of responsible person

Dr. Muhammad Azhar Ameen

Street address

Main Sargodha road, Sheikhpura

City

Sheikhpura

Postal code

39350

Phone

+92 56 9200231

Email

info@dhqskp.punjab.gov.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

Faisalabad

Postal code

38000

Phone

+92 41 8785675

Email

osamaramzan@gmail.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

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

Persons

Person responsible for general inquiries

Contact

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Sania Iqbal

Position

physiotherapist

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Position

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Latest degree

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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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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 current 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 everyone regarding field

Under which criteria data/document could be used

Whoever will request for the data

From where data/document is obtainable

Through Email address Saniaiqbal130@gmail.com

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

An Email stating the use of data will be appreciated

Comments