

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effects of sacroiliac mobilization versus high velocity low amplitude thrust manipulation on pain and functional disability in female patients with sacroiliac joint dysfunction: A randomized controlled trial

Protocol summary

Study aim

the aim of study is to compare the effects of mobilization and manipulation on pain and functional disability in female patients with Sacroiliac joint dysfunction and to check whether or not one technique is more effective than other.

Design

two arm parallel group randomized trial with blinded outcome assessment

Settings and conduct

study will be conducted in Islam central hospital Sialkot. it will be double blinded study as the care giver and assessor will be unaware of treatment given

Participants/Inclusion and exclusion criteria

INCLUSION CRITERIA: (1)Females from age 25 to 50 (2)Patients with confirmed clinical diagnosis of sacroiliac joint dysfunction (3)Patients presenting with acute pain from last four weeks in low back or Sacroiliac joint of iliac origin (4)Patients with the complain of hypomobility of sacroiliac joint. EXCLUSION CRITERIA: (1)Patients with vertebral bone pathology,radiculopathy,sciatica, recent fracture (2)Patients with history of recent surgery in lumbosacral or pelvic area (3)Pregnant women, or those who had recent infection (4)Females with history of osteoporosis or cancer

Intervention groups

experimental group 1 will receive mobilization along with routine physical therapy experiental group 2 will receive manipulation along with routine physical therapy

Main outcome variables

Pain Functional Disability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20211117053085N1**

Registration date: **2021-12-20, 1400/09/29**

Registration timing: **registered_while_recruiting**

Last update: **2021-12-20, 1400/09/29**

Update count: **0**

Registration date

2021-12-20, 1400/09/29

Registrant information

Name

Nusrat Qamar

Name of organization / entity

University of Lahore

Country

Pakistan

Phone

+92 52 3544112

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msptm02193002@student.uol.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-08-04, 1400/05/13

Expected recruitment end date

2022-01-05, 1400/10/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of sacroiliac mobilization versus high velocity low amplitude thrust manipulation on pain and functional

disability in female patients with sacroiliac joint dysfunction: A randomized controlled trial

Public title

Effects of sacroiliac mobilization versus thrust manipulation on pain and functional disability in female patients with sacroiliac joint dysfunction

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients with confirmed clinical diagnosis of sacroiliac joint dysfunction will be included Patients presenting with acute pain from last four weeks in low back or Sacroiliac joint of iliac origin Patients with the complain of hypomobility of sacroiliac joint Will be included in our study Females from age 25 to 50 years will be included in our study

Exclusion criteria:

Patients with vertebral bone pathology, radiculopathy, sciatica, recent fracture will not be included in our study Patients with history of recent surgery in lumbosacral or pelvic area Females with history of osteoporosis or cancer or any other bone pathology will not be included Pregnant women, or those who had recent infection will not be included in our study

Age

From **25 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Care provider
- Outcome assessor

Sample size

Target sample size: **72**

More than 1 sample in each individual

Number of samples in each individual: **5**

data will be collected at baseline, 1, 2, 3 and 4 weeks of intervention

Randomization (investigator's opinion)

Randomized

Randomization description

computer generated randomization method will be used to allocate our participants in 2 groups. We will use computer software which will randomly allocate our subjects into either experimental group 1 or experimental group 2. Experimental group 1 will receive Mobilization along with Routine physical therapy while Experimental Group 2 will receive High Velocity Low Amplitude Thrust Manipulation along with routine physical therapy.

Blinding (investigator's opinion)

Double blinded

Blinding description

the care giver and outcome assessor will be unaware of treatment given to participants. We will not disclose to the care giver or the outcome assessor about the type of treatment given to patient. In this way they will be blinded

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of University of Lahore

Street address

1km off defence road

City

Lahore

Postal code

54590

Approval date

2021-10-27, 1400/08/05

Ethics committee reference number

992

Health conditions studied

1

Description of health condition studied

Sacroiliac joint Dysfunction

ICD-10 code

M46.1

ICD-10 code description

Sacroiliitis, not elsewhere classified

Primary outcomes

1

Description

Pain

Timepoint

outcome will be measured at baseline, 1st, 2nd and 4th weeks post intervention

Method of measurement

pain will be measured using Numeric pain rating scale

2

Description

Functional Disability

Timepoint

Outcome will be measured at baseline, 1st, 2nd and 4th weeks post interventions

Method of measurement

Functional disability will be measured using Oswestry Disability Index Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: 1 will receive Mobilization along with Routine physical therapy. In routine physical therapy we will use electro therapeutic modalities and simple pelvic stabilization exercises. The intervention will be applied 3 sessions per week for 4 weeks.

Category

Treatment - Other

2

Description

Intervention group: 2 will receive High Velocity Low Amplitude Thrust Manipulation along with routine physical therapy. In routine physical therapy we will use electro therapeutic modalities and simple pelvic stabilization exercises. The intervention will be applied 3 sessions per week for 4 weeks

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

islam central hospital, Sialkot

Full name of responsible person

Dr. Majid Saeed

Street address

Commissioner Road Sialkot

City

Sialkot

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51310

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+92 52 3310611

Email

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2

Recruitment center

Name of recruitment center

Sialkot college of physical therapy

Full name of responsible person

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Email

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Web page address

<https://scholar.google.com/citations?user=7IAZykAAAJ&hl=en&oi=ao>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

university of Lahore

Full name of responsible person

dr. Ashfaq Ahmed

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+92 52 3310611

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Grant name

postgraduation research

Grant code / Reference number

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

Yes

Title of funding source

university of 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

Sialkot college of physical therapy

Full name of responsible person

Dr. Wajida Parveen

Position

Associate Professor

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

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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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Effects of Sacroiliac Mobilization versus high velocity low amplitude thrust manipulation on Pain, and functional Disability in female patients with Sacroiliac joint Dysfunction: A randomized controlled trial All collected Deidentified IPD will be shared

When the data will become available and for how long

it will be available after the completion of work for three years upon request to the person involved in scientific inquiries

To whom data/document is available

People working in academic institutes or involved in doing research work

Under which criteria data/document could be used

it can be used for citations

From where data/document is obtainable

data can be obtained through email using mail address of dr.nusratqamar55@gmail.com

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

data can be obtained through e mail to dr.nusratqamar55@gmail.com

Comments