

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Effect of Static and Dynamic Stretching on Sprinting Ability of Volleyball Players

#### Protocol summary

##### Study aim

The aim of the study is to identify effects of static and dynamic stretching on sprinting ability of volleyball players

##### Design

Two parallel groups, Randomized Clinical Trial of 40 participants followed for 6 weeks

##### Settings and conduct

Pakistan Sports Board and Coaching Centre (PSB), Lahore

##### Participants/Inclusion and exclusion criteria

Inclusion Criterion: • All Volleyball players at Pakistan Sports Board and Coaching Centre Lahore are including in study; • Participants that are practicing for three or more times in a week; • Both male and female participants of age group 15-30 years; • Participants having an experience of at least 1 year. Exclusion Criterion: • Athletes with any musculoskeletal injuries; • Athletes with any systemic illness; • Novice players; • Elite/ International players.

##### Intervention groups

Group A: performing dynamic stretching exercises three times per week while maintaining their regular physical activity and nutritional plans. Group B: performing static stretching exercises three times per week while maintaining their regular physical activity and nutritional plans.

##### Main outcome variables

Sprinting ability of Volleyball Players

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20210811052138N2**

Registration date: **2022-07-06, 1401/04/15**

Registration timing: **retrospective**

Last update: **2022-07-06, 1401/04/15**

Update count: **0**

##### Registration date

2022-07-06, 1401/04/15

##### Registrant information

###### Name

Halima Shoukat

###### Name of organization / entity

Riphah international university, Lahore

###### Country

Pakistan

###### Phone

+92 55 4284121

###### Email address

halima.shoukat@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2021-04-25, 1400/02/05

##### Expected recruitment end date

2022-05-30, 1401/03/09

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of Static and Dynamic Stretching on Sprinting Ability of Volleyball Players

##### Public title

Effect of Static and Dynamic Stretching on Sprinting Ability of Volleyball Players

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

**Inclusion criteria:**  
All Volleyball players at Pakistan Sports Board and Coaching Centre Lahore are including in study; Participants that are practicing for three or more times in a week; Both male and female participants of age group 15-30 years; Participants having an experience of at least 1 year.

**Exclusion criteria:**  
Athletes with any musculoskeletal injuries; Athletes with any systemic illness; Novice players; Elite/ International players.

**Age**  
From **15 years** old to **30 years** old

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **40**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
Participants were selected by non-probability convenience sampling from the college setting. Each participant is allocated a number on enrollment in the study. Participants were randomly allocated into two groups by a random number sequence generated by a computer software program called "research randomizer". According to the number generated by a computer software, the participant is allocated into group in which that number falls. This software is used to generate 2 sets of 20 unique numbers via setting the range from 1-40 from least to greatest order.

**Blinding (investigator's opinion)**  
Not blinded

**Blinding description**

**Placebo**  
Not used

**Assignment**  
Parallel

**Other design features**  
nil

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

**Name of ethics committee**  
committee of Riphah International University

**Street address**  
Madar-e-Millat Road, Quaid-e-Azam Industrial Estate  
Quaid e Azam Industrial Estate, Lahore, Punjab

**City**  
Lahore

**Postal code**

5400

**Approval date**  
2021-12-29, 1400/10/08

**Ethics committee reference number**  
REC/RCR&AHS/21/0428

## Health conditions studied

### 1

**Description of health condition studied**  
sprinting ability

**ICD-10 code**  
**ICD-10 code description**

## Primary outcomes

### 1

**Description**  
Sprinting ability

**Timepoint**  
6 weeks

**Method of measurement**  
Running Anaerobic Sprint test (RAST); Counter Movement Jump (CMJ)

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**  
Group A: Performing dynamic stretching exercises three times per week while maintaining their regular physical activity and nutritional plans for a period of 6 weeks.

**Category**  
N/A

### 2

**Description**  
Group B: performing static stretching exercises three times per week while maintaining their regular physical activity and nutritional plans for a period of 6 weeks.

**Category**  
N/A

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**  
Pakistan Sports Board and Coaching Centre (PSB)

**Full name of responsible person**  
Mr. Nasrullah Rana

**Street address**  
Ferozpur Rd, Block E 2 Gulberg III, Lahore, Punjab

**City**  
Lahore  
**Postal code**  
5400  
**Phone**  
+92 42 99230383  
**Email**  
psblahore@hotmail.com  
**Web page address**  
<http://www.sports.gov.pk/Detail/ODNmZDIjYTMtNmlyOS00YzU3LWFhNmMtZjcxNGM5NjI4NzZm>

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Riphah International University  
**Full name of responsible person**  
Halima Shaukat  
**Street address**  
28-M, Quaid-e Azam, Industrial Estate Kot Lakhpat,  
Lahore  
**City**  
Lahore  
**Postal code**  
55400  
**Phone**  
+92 42 111 747 424  
**Email**  
halima.shaukat@yahoo.com  
**Web page address**  
<https://riphah.edu.pk/lahore>  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
No  
**Title of funding source**  
Riphah International University  
**Proportion provided by this source**  
10  
**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  
**Full name of responsible person**  
Maryam Nadeem  
**Position**  
Student

**Latest degree**  
Master  
**Other areas of specialty/work**  
Physiotherapy  
**Street address**  
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dr.maryamnadeem@gmail.com

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**  
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Halima Shoukat  
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Assistant Lecturar  
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## Person responsible for updating data

#### Contact

**Name of organization / entity**  
Riphah International University  
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**Postal code**

5400

**Phone**

+92 331 4973033

**Email**

dr.maryamnadeem@gmail.com

**Web page address**

## 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**

There is no further information

**Study Protocol**

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

**Statistical Analysis Plan**

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

**Informed Consent Form**

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

**Clinical Study Report**

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

**Analytic Code**

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

**Data Dictionary**

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