Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of effects of straight leg raising technique and slump stretching technique in patients with lumbosacral radiculopathy

Protocol summary

Study aim

To compare the effects of straight leg raising technique and slump stretching technique on pain, ROM and disability in patients with lumbosacral radiculopathy.

Design

Single-blinded,clinical trial with a parallel group design of 28 patients. Lottery method will be used for randomisation.

Settings and conduct

Study design will be Randomized Clinical Trial. It will be done at Shaikh Zayed Hospital, Lahore. It's a single blinded trial in which the participants are deliberately kept ignorant of either the group to which they have been assigned.

Participants/Inclusion and exclusion criteria

Inclusion criteria Between the ages of 30 to 50. Having symptoms travelling away from the hips. Provocation of symptoms with a straight leg raise test between 45 ° to 70 °. Experiencing mild to moderate pain (2 to 6 in the NPRS) and baseline Modified Oswestry Disability Index (MODI) of score higher than 10%. Exclusion criteria Present with '' red flags '' of critical spinal condition (e.g. infection, tissue, osteoporosis, fractured spine, etc.). Pregnant women. History of spinal surgery. Inability to hold the advisory position of slump stretching, reproduction of symptoms on neck flexion during slump test examination, showing a straight leg test (SLR) less than 45°. Lumbar spine pathologies such as spondylolisthesis, spondylolysis, spinal canal stenosis, spinal deformity, diabetes, infective or metabolic polyneuropathy, ankylosing spondylitis, systemic cause of back pain.

Intervention groups

Group A- Slump Stretching Technique Group B- Straight Leg Raising Technique

Main outcome variables

Pain intensity will be measured through Numeric Pain Rating Scale. Straight Leg Raise range of motion will be measured through Goniometer. Disability will be measured through Modified Oswestry Disability Index.

General information

Reason for update

Acronym

CESLRSSTLR

IRCT registration information

IRCT registration number: **IRCT20190715044216N2**
Registration date: **2021-12-23, 1400/10/02**
Registration timing: **prospective**

Last update: **2021-12-23, 1400/10/02**
Update count: **0**

Registration date

2021-12-23, 1400/10/02

Registrant information

Name

Naveed Anwar

Name of organization / entity

Riphah International University

Country

Pakistan

Phone

+92 42 35126110

Email address

naveedanwar982@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-01-01, 1400/10/11

Expected recruitment end date

2022-06-01, 1401/03/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of effects of straight leg raising technique and slump stretching technique in patients with lumbosacral radiculopathy

Public title

Comparison of effects of straight leg raising technique and slump stretching technique in patients with lumbosacral radiculopathy

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Between the ages of 30 to 50. Having symptoms travelling away from the hips. Provocation of symptoms with a straight leg raise test between 45 ° to 70 ° Experiencing mild to moderate pain (2 to 6 in the NPRS) Baseline Modified Oswestry Disability Index (MODI) of score higher than 10%

Exclusion criteria:

Present with '' red flags '' of critical spinal condition (e.g. infection, tissue, osteoporosis, fractured spine, etc.). Pregnant women History of spinal surgery. Inability to hold the advisory position of slump stretching, reproduction of symptoms on neck flexion during slump test examination. Showing a straight leg test (SLR) less than 45°. Lumbar spine pathologies such as spondylolisthesis, spondylolysis, spinal canal stenosis, spinal deformity, diabetes, infective or metabolic polyneuropathy, ankylosing spondylitis, systemic cause of back pain.

Age

From **30 years** old to **50 years** old

Gender

Both

Phase

1

Groups that have been masked

- Participant

Sample size

Target sample size: **28**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization will be done by lottery method through convenient sampling. Unit of randomization is individual. Tool used in randomization will be Lottery method. Through lottery method each member of the population will be assigned a number, after which numbers will be selected at random. Allocation concealment will be carried out.

Blinding (investigator's opinion)

Single blinded

Blinding description

The participant is blind in this study. The participants will deliberately be kept ignorant of either the group to which they have been assigned or key information about the materials they are being assessed of, but the experimenter will be in possession of this knowledge.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Review Committee of Riphah College of Rehabilitation Sciences, Lahore and from the Clinical

Street address

Riffle Range Road

City

Lahore

Postal code

54000

Approval date

2021-12-01, 1400/09/10

Ethics committee reference number

S20C14G30013

Health conditions studied

1

Description of health condition studied

Lumbosacral Radiculopathy

ICD-10 code

M54.16

ICD-10 code description

Radiculopathy, lumbar region

Primary outcomes

1

Description

Pain

Timepoint

Four sessions of treatment per week with total sixteen sessions will be given in four weeks.

Method of measurement

Numeric Pain Rating Scale

2

Description

Disability

Timepoint

Four sessions of treatment per week with total sixteen sessions will be given in four weeks.

Method of measurement

Modified Oswestry Disability Index

3

Description
Range of Motion
Timepoint
Four sessions of treatment per week with total sixteen sessions will be given in four weeks.
Method of measurement
Goniometer

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Slump Stretching Technique. The subjects will receive slump stretching technique and common treatment. Common treatment includes TENS and lumbar stabilization exercise. TENS will be given for 10 minutes with 4 sessions of Lumbar stabilization exercise for 4 days/week for 4 weeks. Total treatment protocol will be of 16 sessions, 4 days /week for 4 weeks. Total duration of each session will be 25-30 minutes.
Category
Rehabilitation

2

Description
Intervention group: Straight Leg Raising Technique. The subjects will receive straight leg raise stretching technique and common treatment. Common treatment includes TENS and lumbar stabilization exercise. TENS will be given for 10 minutes with 4 sessions of Lumbar stabilization exercise for 4 days/week for 4 weeks. Total treatment protocol will be of 16 sessions, 4 days /week for 4 weeks. Total duration of each session will be 25-30 minutes.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Shaikh Zayed Hospital Lahore
Full name of responsible person
Dr.Imtiaz Ahmad
Street address
Riffle Range Road
City
Lahore
Postal code
54000
Phone
+92 42 36612321
Email
sidfirdous.99@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Riphah International University
Full name of responsible person
Sidra Firdous Iqbal
Street address
Riffle Range Road
City
Lahore
Postal code
54000
Phone
+92 42 36612321
Email
sidfirdous.99@gmail.com
Grant name
Not available
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Nil
Proportion provided by this source
1
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
Riphah International University
Full name of responsible person
Sidra Firdous Iqbal
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Physiotherapy
Street address
Riffle Range Road
City
Lahore
Province

Punjab

Postal code
54000

Phone
+92 42 36612321

Email
sidfirdous.99@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Riphah International University

Full name of responsible person
Sidra Firdous Iqbal

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Physiotherapy

Street address
Riffle Range Road

City
Lahore

Province
Punjab

Postal code
54000

Phone
+92 42 36612321

Email
sidfirdous.99@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Riphah International University

Full name of responsible person
Sidra Firdous Iqbal

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Physiotherapy

Street address
Riffle Range Road

City
Lahore

Province
Punjab

Postal code
54000

Phone
+92 42 36612321

Email
sidfirdous.99@gmail.com

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
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
Comparison of effects of straight leg raising technique and slump stretching technique in patients with lumbosacral radiculopathy.

When the data will become available and for how long
30th June 2022

To whom data/document is available
People working in academic institutions

Under which criteria data/document could be used
Author will review the requests.

From where data/document is obtainable
email addresses- sidfirdous.99@gmail.com

What processes are involved for a request to access data/document
Requests will be entertained through email after which people working in academic institutions will be granted request.

Comments