Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparative Effects of Positional Release and Elongation Longitudinaux Avec Decoaption Osteo Articulaire (ELDOA) stretches for Hip Joint Range of Motion, Pain and Functional Mobility in Piriformis Syndrome Patients

Protocol summary

Study aim
The aim of this study is to compare the effects of positional release technique and ELDOA stretches to imporove hip pain Range of motion and functional mobility in piriformis syndrome patient

Design
Study Design; randomization will be through sealed envelopes method, and blinding will not occur

Settings and conduct
Subjects with piriformis syndrome will be taken from Allied hospital Faisalabad.Blinding: Participants will be blinded they will not be aware whether they are in Group A or Group B as the participants of both groups will be receive 2 step intervention.

Participants/Inclusion and exclusion criteria
Inclusion crieteria is positive fair test. pain in prolong sitting. exclusion criteria inflammatory arthritis

Intervention groups
Two groups. both are treatment group. Group A received positional release technique and group b receives Elongation osteoarticular decopatation stretch

Main outcome variables
Pain , Range of motion and functional mobility.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220601055050N1**
Registration date: **2022-08-16, 1401/05/25**
Registration timing: **retrospective**

Last update: **2022-08-16, 1401/05/25**
Update count: **0**

Registration date
2022-08-16, 1401/05/25

Registrant information
Name
Ilsa waqi Khunsha
Name of organization / entity
The university of faisalabad
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Pakistan
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+92 313 0559605
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-03-20, 1400/12/29

Expected recruitment end date
2022-03-28, 1401/01/08

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparative Effects of Positional Release and Elongation Longitudinaux Avec Decoaption Osteo Articulaire (ELDOA) stretches for Hip Joint Range of Motion, Pain and Functional Mobility in Piriformis Syndrome Patients

Public title
Comparative effects of Eldoa in patients with piriformis syndrome to improve functional status and range of motion of hip joint

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
positive Fair test Both Male and Female patients. Pain is increasing with prolonged sitting All participants with in the age group of >30-70 yrs having symptoms of Piriformis Syndrome Patient who are having pain at buttock region or Hip joint involvement.Pain is increasing with prolonged sitting. Pain is increasing with prolonged sitting Patients with both unilateral Or Bilateral Piriformis muscle involvement. Patients who are willing to particiapate in the study.
Exclusion criteria:
Inflammatory Arthritis at involved side. Any known malignancy /neoplasma involved side.. Diagnosed/known psychiatric illness.

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
Sample will be allocated to Group A (positional Release technique) and Group B (ELDOA stretch) randomly using sealed envelopes. Method of Randomization: Simple Randomization Tool for Randomization: Sealed envelopes Unit of Randomization: Individual

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
The university of Faisalabad

Street address
Sargodha road Faisalabad

City
Faisalabad

Postal code
38000

Approval date
2022-06-02, 1401/03/12

Ethics committee reference number
110456789

Health conditions studied

1

Description of health condition studied
Piriformis muscle pain

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
pain

Timepoint
total 06 weeks treatment with 03 session per week with 20 min of baseline hot pack

Method of measurement
visual analogue scale

Secondary outcomes

1

Description
functional mobility

Timepoint
06 weeks will be the total time for measuring outcomes . Outcome will be measured after every session . Per week 2 sessions .. for total 4 weeks.

Method of measurement
lower extremity functional mobility scale

Intervention groups

1

Description
group receives positional release technique, 03 repetitions will be applied for total 03 sessions per week for 06 weeks. No electro therapy modalities will be used, with base line treatment which is hot pack also given for 3 sessions per week for 6 weeks .

Category
Rehabilitation

2

Description
group 02 receives ELDOA stretches on hip joints . total sessions are 18, 03 sessions in whole week. With no possible electro therapy modalities, with base line treatment which is hot pack applied for 6 weeks per week 3 sessions on hip joint . Hotpack will b moist heating pad

Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Allied hospital Faislabad punjab pakistan
Full name of responsible person
Dr sobia nawaz
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
the university of faisalabad
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
the university of faisalabad
Full name of responsible person
dr sidra majeed
Position
assistant professor
Latest degree
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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
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available

Title and more details about the data/document
IPD collected for primary and secondary outcome measures

When the data will become available and for how long
jan 2023

To whom data/document is available
people working in any domain can be authorized to get this data

Under which criteria data/document could be used
IPD and any additional supporting documents will be provided for the research on the similar topic and can be obtained by asking through the contactperson mention below

From where data/document is obtainable
Contact person; Ilsa Waqi Khunsha Contact no.00923041171975

What processes are involved for a request to access data/document
Ilsawaqikhunsha123@gmail.com

Comments
data is private legacy respect it.