

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Comparision the effectiveness of Muscle Energy techniques with Manipulation in improving the pain and functional ability in Sacroiliac joint dysfunction of postpartum female

#### Protocol summary

##### Study aim

To determine the effectiveness of muscle energy techniques versus manipulation in sacroiliac joint dysfunction in postpartum female

##### Design

A concealed, experimental, blinded, randomized clinical trial with a control group design of 22 patients enrolled between June 2022 and September 2022 and followed for 4 months.

##### Settings and conduct

This trial will be conducted at Physical Therapy & Rehabilitation Ward of Chaudhary Akram Teaching Hospital (Teaching Hospital Associated with Azra Naheed Medical College ,The Superior University ,Lahore)

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria Low back pain within six weeks If they had anterior or posterior innominate dysfunctions and their levels of current pain were at least three by visual analog scale (VAS) positive gaenslen test subjects were included in this study age between 20-55 years.  
Exclusion Criteria The patient having a hip fracture. The subjects had a neurological deficit. Prolapsed intervertebral disc with or without radiculopathy True limb length discrepancy

##### Intervention groups

Group A:The patients of the group were given 10 minutes of the warm-up session using a hot pack. Afterward, they came in for a muscle energy technique (METS) session.This protocol will be given to the patient for 8 weeks (4 times per week) Group B While Patients in group B were also given 10 minutes of the warm-up session using a hot pack. Later, they came in for a manipulation session. Then, at the end of the session, both groups (A&B) received pelvic stability exercises. This protocol will be given to the patient for 8 weeks (4 times per week)

##### Main outcome variables

Pain will be measure visual analog scale and functional ability will be calculated by using Modified Oswestry disability scale

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20220414054537N3**

Registration date: **2022-07-25, 1401/05/03**

Registration timing: **prospective**

Last update: **2022-07-25, 1401/05/03**

Update count: **0**

##### Registration date

2022-07-25, 1401/05/03

##### Registrant information

##### Name

Faisal Ghafoor

##### Name of organization / entity

The Superior University

##### Country

Pakistan

##### Phone

+92 42 38104221

##### Email address

faisal.ghafoor@superior.edu.pk

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2022-07-26, 1401/05/04

##### Expected recruitment end date

2022-07-30, 1401/05/08

##### Actual recruitment start date

empty

**Actual recruitment end date**  
empty

**Trial completion date**  
empty

**Scientific title**  
Comparision the effectiveness of Muscle Energy techniques with Manipulation in improving the pain and functional ability in Sacroiliac joint dysfunction of postpartum female

**Public title**  
Effect of muscle energy technique and manipulation in sacroiliac dysfunction Female

**Purpose**  
Treatment

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Female with low back pain more than 6 weeks Female patient with anterior and posterior inominate this function and their level of current pain were atleast 3 by visual analog scale Female with positive Flexion Standing test Female with Positive gaenslen test Female age between 20-55  
**Exclusion criteria:**  
Patient having the hip fracture Patient with neurology deficit Patient with prolapse Intervertebral disc with or without radiculopathy Patient with limb length discrepancy

**Age**  
From **20 years** old to **55 years** old

**Gender**  
Female

**Phase**  
1-2

**Groups that have been masked**  

- Outcome assessor

**Sample size**  
Target sample size: **22**

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

**Randomization description**  
Participants who fulfilled the inclusion criteria were selected convenient sampling technique and were then allocated randomly to Group A and Group B using lottery method. This distribution process is hidden between participants and researchers. This was done by a research assistant who did not participate in any further research

**Blinding (investigator's opinion)**  
Double blinded

**Blinding description**  
This study was double-blinded. The outcome assessor who was blinded to the therapy group was recruited to take readings at pre-treatment and post-treatment values. And the patients were also blinded as they didn't know they all have the same disorder and different techniques had been given to these patients.

**Placebo**  
Not used

**Assignment**  
Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Committe Azra Naheed Centre for Research & Development the Superior University ,Lahore

##### Street address

Main Riwind Road 17 km ,Lahore

##### City

Lahore

##### Postal code

54000

#### Approval date

2022-06-24, 1401/04/03

#### Ethics committee reference number

REC/FAHS/DPT/B(AP)/June @2022/994

## Health conditions studied

### 1

#### Description of health condition studied

Sacroiliac joint dysfunction is a term used to describe the pain of the sacroiliac joint (SI joint). It is usually caused by abnormal motion (i.e. hyper- or hypo-mobile) or malalignment of the sacroiliac joint

#### ICD-10 code

S33.2

#### ICD-10 code description

Sacroiliac joint Dysfunction

## Primary outcomes

### 1

#### Description

Pain

#### Timepoint

Before the intervention and after the 8 weeks of intervention

#### Method of measurement

Visual analog scale

### 2

#### Description

Functional ability

#### Timepoint

Before the intervention and after the 8 weeks of intervention

#### Method of measurement

Modified oswestry scale

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention Group A: The patients of the group A were given 10 minutes of the warm-up session using a hot pack. Afterward, they came in for a muscle energy technique (METS) session for 10 minutes. 4 times per week

#### Category

Rehabilitation

### 2

#### Description

Intervention group: Patients in group B were also given 10 minutes of the warm-up session using a hot pack. Later, they came in for a 10 minutes of manipulation session. Then, at the end of the session, both groups (A&B) received pelvic stability exercises. This protocol were given to the patient for 4 weeks (4 times per week)

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Chaudhary Akram Teaching Hospital

##### Full name of responsible person

Gulnaz Yamin

##### Street address

Main Riwind Road 17 km ,Lahore

##### City

Lahore

##### Postal code

54000

##### Phone

+92 333 6979114

##### Email

gulnaz.zaheer@superior.edu.pk

##### Web page address

https://www.superior.edu.pk/

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

The Superior University

##### Full name of responsible person

Gulnaz Yamin

##### Street address

17 km Raiwind road Lahore

#### City

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#### Phone

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#### Email

Gulnaz.zaheer@superior.edu.pk

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#### Grant name

Nil

#### Grant code / Reference number

Nil

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

No

#### Title of funding source

Nil

#### 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 Superior University

##### Full name of responsible person

Dr Zohaib Shahid

##### Position

Assistant Professor

##### Latest degree

Ph.D.

##### Other areas of specialty/work

Rehabilitation management

##### Street address

Main Riwind Road 17 km ,Lahore

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## Person responsible for scientific

## **inquiries**

### **Contact**

**Name of organization / entity**

The Superior University

**Full name of responsible person**

Dr Zohaib Shahid

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

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## **Person responsible for updating data**

### **Contact**

**Name of organization / entity**

The Superior University

**Full name of responsible person**

Dr Faisal Ghafoor

**Position**

Assistant Professor

**Latest degree**

Specialist

**Other areas of specialty/work**

Rehabilitation management

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**City**

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**Province**

Punjab

**Postal code**

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**Phone**

+92 333 4816348

### **Email**

faisal.ghafoor@superior.edu.pk

### **Web page address**

<https://www.superior.edu.pk/>

## **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 the effectiveness of Muscle Energy techniques with Manipulation in improving the pain and functional ability in Sacroiliac joint dysfunction of postpartum female

### **When the data will become available and for how long**

When the trial has been completed after the end July 2022. The data will be available for the future use and after the completion of the trial when it get published approximately after the 3 weeks in the end of the August 2022. The summary will be available after the article get published

### **To whom data/document is available**

It will be available to all teaching institute and hospital for the better cure of the patient and more over it will be available for the researcher as well

### **Under which criteria data/document could be used**

Only for the research and for the benefits of the public

### **From where data/document is obtainable**

The Documents will be available on the following details email.: rehanfaisal68@gmail.com Contact no: +923334816348 Postal address: Department of Physical Therapy Chaudary Akram Teaching Hospital, The Superior University Lahore

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

Application will sent to the email on request rehanfaisal68@gmail.com

### **Comments**