

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Comparsion 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

Lahore

Postal code

54000

Phone

+92 333 6979114

Email

Gulnaz.zaheer@superior.edu.pk

Web page address

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

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

City

Lahore

Province

Punjab

Postal code

54000

Phone

+92 333 6979114

Email

zohaib.rana@superior.edu.pk

Web page address

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

Person responsible for scientific

inquiries

Contact

Name of organization / entity

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zohaib.rana@superior.edu.pk

Web page address

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

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

Street address

17 km Raiwind Road Lahore

City

Lahore

Province

Punjab

Postal code

54000

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 gets published approximately after the 3 weeks in the end of the August 2022. The summary will be available after the article gets 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 moreover 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 be sent to the email on request rehanfaisal68@gmail.com

Comments