

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

comparative effects of carpal bone mobilization and median nerve mobilization in the treatment of patient with carpal tunnel syndrome

Protocol summary

Study aim

The aim of the study is to evaluate the safety and efficacy of carpal bone mobilization and median nerve mobilization in the treatment of carpal tunnel syndrome patient.

Design

randomized clinical trial with parallel randomized control and treatment, single blinded groups, trial on 30 patients. randomization will be done using lottery method.

Settings and conduct

In different medical hospital of Faisalabad. consecutively enroll 5-10 eligible patients who meet the eligibility criteria and sign the informed consent by themselves or their guardians. four hospital District Head Quarter Hospital Faisalabad, Medina teaching hospital Faisalabad, Chinot hospital Faisalabad ,Faisal hospital Faisalabad.

Participants/Inclusion and exclusion criteria

Inclusion criteria:Included all patients with mild and moderate CTS.Positive phalen's test and Tinel sign .EXclusion Criteria:Excluded a patient with Any congenital deformity.People with any kind of systematic diseases i.e. Rheumatoid Arthritis.

Intervention groups

Patients allocated to group A were given carpal bone mobilization 3 times a week with hot pack and exercises. Furthermore, patients in the group B received median nerve mobilization 3 times a week plus exercises and hot pack.

Main outcome variables

Boston Carpal Tunnel Syndrome Questionnaire(BCTQ) to measure symptom severity and function status of carpal tunnel syndrome patient. visual analogues scale(VAS) to measure pain carpal tunnel syndrome patient

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220617055202N1**
Registration date: **2022-07-27, 1401/05/05**
Registration timing: **retrospective**

Last update: **2022-07-27, 1401/05/05**

Update count: **0**

Registration date

2022-07-27, 1401/05/05

Registrant information

Name

Dr Attia Noreen

Name of organization / entity

The university Of faisalabad

Country

Pakistan

Phone

+92 333 6564583

Email address

attia.latif@gmail.com

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 carpal bone mobilization and median nerve mobilization in the treatment of patient

with carpal tunnel syndrome

Public title

carpal bone mobilization and median nerve mobilization in the treatment of patient with carpal tunnel syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Diagnosed cases of carpal tunnel syndrome according to positive Hoffman Tinel sign and phalen's maneuver.

Exclusion criteria:

Diagnosis cases of Cervical radiculopathy

Age

From **30 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

randomize patients at a 1:1 ratio to receive either carpal bone mobilization or median nerve mobilization.

randomization will be done using lottery method. the study is single blinded and the trial monitor throughout by the data monitoring committee. Sealed envelope will be made upon which allocation of participants of both groups can be possible without bias.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this single blinded study, patients who received the carpal bone mobilization or median nerve mobilization blinded to the study groups (carpal bone mobilization or median nerve mobilization) Similar labeling will be used for the carpal bone mobilization or median nerve mobilization and the researchers will be aware of the study groups.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

ethics committee of the University of Faisalabad

Street address

Samundari road

City

Faisalabad

Postal code

52250

Approval date

2022-03-13, 1400/12/22

Ethics committee reference number

1021

Health conditions studied

1

Description of health condition studied

Carpal tunnel syndrome

ICD-10 code

G56.00

ICD-10 code description

Carpal tunnel syndrome, unspecified upper limb

Primary outcomes

1

Description

Pain

Timepoint

Total 4 weeks of intervention period in which every week 3 sessions and assessment of pain before and after every session.

Method of measurement

Visual analogue scale

Secondary outcomes

1

Description

Symptom severity

Timepoint

Total 4 weeks of intervention period in which every week 3 sessions and assessment of symptom severity before and after every session.

Method of measurement

Boston carpal tunnel syndrome questionnaire

Intervention groups

1

Description

Intervention 1: patients allocated to group A, were given carpal bone mobilization 10 repetition 3 second hold per day one session for 5 mint in clinic for 4 weeks. 3 session per week. visual analogue scale recording pain pre and post of every session. patient also receive hot pack and payer stretch, extension stretch, flexion stretch.

Category

Rehabilitation

2

Description

Intervention group: patients allocated to group B, this group receive median nerve mobilization 10 repetition 3 second hold per day one session for 5 mint in clinic for 4 weeks.3 session per week. visual analogue scale recording pain pre and post of every session. patient also receive hot pack and payer stretch, extension stretch, flexion stretch.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

District Head Quarter Hospital Faisalabad

Full name of responsible person

Dr shasita bino

Street address

Sumadri road

City

Faisalabad

Postal code

52250

Phone

+92 333 6564583

Email

attia.latif233@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Dr zerman zernish

Street address

Sumadri road

City

Faisalabad

Postal code

52250

Phone

+92 333 6564583

Email

attia.latif233@gmail.com

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

Foreign

Category of foreign source of funding

Sponsor: country of origin

Country of origin

PK

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 zerman zernish

Position

Assistant professor

Latest degree

Master

Other areas of specialty/work

Physiotherapy p

Street address

Samundari road

City

Faisalabad

Province

Punjab

Postal code

52250

Phone

+92 333 6564583

Email

attia.latif233@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Dr zerman zernish

Position

Assistant professor

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

Samundari

City

Faisalabad

Province

Punjab

Postal code

52250

Phone

+92 333 6564583

Email

attia.latif233@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Latif Medicare Hospital

Full name of responsible person

Dr Attia Noreen

Position

Clinical physiotherapist

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

Samundari road

City

Faisalabad

Province

Punjab

Postal code

52250

Phone

+92 333 6564583

Email

attia.latif233@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

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 collect for primary and secondary outcomes 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

For research purpose and meta analysis studies

From where data/document is obtainable

This data is only available on demand via email mention to the person responsible

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

Document can also be processed via University e-mail mspp-fa20-018@tuf.edu.pk

Comments

Data is private legacy respect it