

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Effects of Myofascial Release technique in combination with Cognitive Behavior Therapy on Pain, Craniovertebral Angle and Neck Disability in university students with chronic neck pain and Forward Head Posture

#### Protocol summary

##### Study aim

The aim of study will be to compare the effects of Myofascial release technique with Cognitive Behavior Therapy on Pain, Craniovertebral angle, Neck Disability in university students with chronic neck pain and forward head posture

##### Design

Parallel group randomized clinical trial and Randomization will be achieved through computer generated random number table.

##### Settings and conduct

Safi Hospital. It will be assessor who will be blinded about the type of intervention. Treatment will be given by principal /investigator

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria: Age group: 18-28 Years, Gender Group: Both male and female participants, Individuals with Craniovertebral angle <53, Individuals having grade 2 neck pain according to KNGF Guidelines. Exclusion Criteria: Past history of shoulder and spine surgery, Congenital problems, Fibromyalgia, Myopathy, Cervical Radiculopathy, Trigger point injections, Any recent accidents

##### Intervention groups

Interventional Group: (Group A) will receive a hot pack for 5 minutes, followed by a 10-minute myofascial release technique. After that, they will perform isometric exercises consisting of six movements, holding each movement for 10 seconds, repeating every five times with a 5-second rest between them. Cognitive behavior therapy will be administered for 20 minutes, utilizing visual aids in the form of videos, images, animations, simple pamphlets, and text. Control Group: (Group B) will receive a hot pack for 5 minutes, followed by a 10-minute myofascial release technique. After that, they will perform isometric exercises consisting of six movements, holding each movement for 10 seconds, repeating every

five times with a 5-second rest between them. Then, the patients will be provided with a Reference Guide on Ergonomics and Design, which they will read for 20 minutes.

##### Main outcome variables

Pain Craniovertebral angle Neck disability

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230216057434N2**

Registration date: **2023-03-13, 1401/12/22**

Registration timing: **registered\_while\_recruiting**

Last update: **2023-03-13, 1401/12/22**

Update count: **0**

##### Registration date

2023-03-13, 1401/12/22

##### Registrant information

##### Name

Zainab Sheraz

##### Name of organization / entity

Riphah International University, Faisalabad

##### Country

Pakistan

##### Phone

+92 301 7070941

##### Email address

zainab.48@hotmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-03-04, 1401/12/13

**Expected recruitment end date**

2023-05-01, 1402/02/11

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Effects of Myofascial Release technique in combination with Cognitive Behavior Therapy on Pain, Craniovertebral Angle and Neck Disability in university students with chronic neck pain and Forward Head Posture

**Public title**

Effect of Cognitive behavior therapy on Chronic neck pain with forward head posture

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

Age: 18-28 Years Gender: Both male and female participants Individuals with Craniovertebral angle <53 Individuals having grade 2 neck pain according to KNGF Guidelines.

**Exclusion criteria:**

Past history of shoulder and spine surgery Congenital problems Fibromyalgia Myopathy Cervical Radiculopathy Trigger point injections Any recent accidents

**Age**

From **18 years** old to **28 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

- Outcome assessor

**Sample size**

Target sample size: **66**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Randomization will be done through a computer software "Random allocation". The total sample size will be entered with requirement to be allocated in two groups. An automated randomization list will be achieved with attrition rate included.

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

Blinding will be done on part of outcome assessor who will be an experienced therapist. Patients will be assessed by him at the end of treatment session. He will be blinded about the type of intervention patient will receive

**Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics committee of Riphah International University  
Faisalabad

**Street address**

Riphah International University, Faisalabad

**City**

Faisalabad

**Postal code**

38000

**Approval date**

2023-01-27, 1401/11/07

**Ethics committee reference number**

RCRAHS/REC/23/07

**Health conditions studied****1****Description of health condition studied**

Chronic neck pain

**ICD-10 code**

M54.2

**ICD-10 code description**

Cervicalgia

**Primary outcomes****1****Description**

Pain

**Timepoint**

Assessment will be performed at 0 week (baseline), at 4th week and at completion of 8 weeks treatment

**Method of measurement**

Numeric pain rating scale

**Secondary outcomes****1****Description**

Craniovertebral angle

**Timepoint**

Assessment will be performed at 0 week (baseline), at 4th week and at completion of 8 weeks treatment

**Method of measurement**

Photogrammetric method

**2****Description**

Neck disability

## Timepoint

Assessment will be performed at 0 week (baseline), at 4th week and at completion of 8 weeks treatment

## Method of measurement

Neck Disability Index (NDI)

## Intervention groups

### 1

#### Description

Intervention group: Group A (Isometric exercises with myofascial release technique in combination with CBT)

#### Category

Treatment - Other

### 2

#### Description

Control group: Group B (Isometric exercises with myofascial release technique alone)

#### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Safi Teaching Hospital, Faisalabad, Pakistan

##### Full name of responsible person

Usama Farooq

##### Street address

Safi Teaching Hospital , Near Fish Farm, Satyana Road, Faisalabad

##### City

English

##### Postal code

38000

##### Phone

+92 332 5380333

##### Email

usamafarooqreal@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Self funded

##### Full name of responsible person

Zainab Sheraz

##### Street address

House no. 32, street no. 2, Rehman Town, adjacent Shahzad Colony, Satyana Road, Faisalabad

##### City

Faisalabad

##### Postal code

38000

##### Phone

+92 335 6600141

##### Email

zainab.48@hotmail.com

##### Grant name

N/A

##### Grant code / Reference number

N/A

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

No

##### Title of funding source

N/A

##### 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

Persons

## Person responsible for general inquiries

#### Contact

##### Name of organization / entity

Riphah International University, Faisalabad

##### Full name of responsible person

Zainab Sheraz

##### Position

Senior Lecturer

##### Latest degree

Master

##### Other areas of specialty/work

Physiotherapy

##### Street address

house no. 32, street no. 2, Rehman Town, adjacent Shahzad Colony, Satyana Road, Faisalabad

##### City

Faisalabad

##### Province

Punjab

##### Postal code

38000

##### Phone

+92 335 6600141

##### Email

zainab.48@hotmail.com

## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Riphah International University, Faisalabad

##### Full name of responsible person

Zainab Sheraz

##### Position

Senior Lecturer

##### Latest degree

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

house no. 32, street no. 2, Rehman Town, adjacent  
Shahzad Colony, Satyana Road, Faisalabad

**City**

Faisalabad

**Province**

Punjab

**Postal code**

38000

**Phone**

+92 335 6600141

**Email**

zainab.48@hotmail.com

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Riphah International University, Faisalabad

**Full name of responsible person**

Zainab Sheraz

**Position**

Senior Lecturer

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

house no. 32, street no. 2, Rehman Town, adjacent  
Shahzad Colony, Satyana Road, Faisalabad

**City**

Faisalabad

**Province**

Punjab

**Postal code**

38000

**Phone**

+92 335 6600141

**Email**

zainab.48@hotmail.com

**Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

**Justification/reason for indecision/not sharing IPD**

Real patient is involved

**Study Protocol**

No - There is not a plan to make this available

**Statistical Analysis Plan**

No - There is not a plan to make this available

**Informed Consent Form**

No - There is not a plan to make this available

**Clinical Study Report**

No - There is not 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