Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effect of Iliotibial band Myofascial release Combined with valgus Controlled exercises on pain, range of motion, balance and quality of life in patients with grade II knee osteoarthritis.

Protocol summary

Study aim

The objective and aim of this study are: To find out the effectiveness of myofascial release technique with Valgus correction exercise on balance, quality of life, range of motion and pain in patients with grade II knee osteoarthritis.

Design

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

Settings and conduct

Allied 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: 40-60 years Both gender Iliotibial band tightness Knee osteoarthritis ACR (American college of Rheumatology) Exclusion Criteria: knee arthroplasty bone tumor Any other pathology Osteomyelitis

Intervention groups

Group A: Intervention group. Myofascial release technique The individuals in the Group A will be treated using hot pack on knee area, quadricep isometrics 10 *10 and myofascial release Technique for iliotibial band. Patients will be asked to perform knee flexion and extension for another 5 minutes. Frequency: Two Times a Week for 6 weeks Group B: valgus correction exercise (VCE) Technique: The individuals in the Group B will be treated using hot pack on knee area, quadricep isometrics 10 *10 and myofascial release Technique. In addition to this patient will perform valgus correction exercise (VCE) for 10 minutes. Valgus correction exercise (VCE) • Squat in front of mirror (0°-60° of knee flexion, performed in front of mirror to ensure the knee does not exceed the midfoot) • Hip lateral rotation • Lateral walk with elastic resistance around forefoot Frequency: Two Times a Week for 6 weeks The outcome measures will be assessed at baseline, third and at 6 weeks of intervention.

Main outcome variables

Pain, knee Range of motion, balance and qaulity of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230216057434N3**
Registration date: **2023-03-14, 1401/12/23**
Registration timing: **registered_while_recruiting**

Last update: **2023-03-14, 1401/12/23**
Update count: **0**

Registration date

2023-03-14, 1401/12/23

Registrant information

Name
Zainab Sheraz
Name of organization / entity
Riphah International University, Faisalabad
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Pakistan
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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-03-08, 1401/12/17

Expected recruitment end date

2023-05-15, 1402/02/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Iliotibial band Myofascial release Combined with valgus Controlled exercises on pain, range of motion, balance and quality of life in patients with grade II knee osteoarthritis.

Public title

Effectiveness of two manual therapy technique in osteo arthritis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

age: 40-60 years Both gender Iliotibial band tightness Knee osteoarthritis diagnosed as per ACR (American college of Rheumatology) criteria

Exclusion criteria:

knee arthroplasty bone tumor Any other knee pathology Osteomyelitis limb length shortening

Age

From **40 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **44**

Randomization (investigator's opinion)

Randomized

Randomization description

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

Blinding (investigator's opinion)

Single blinded

Blinding description

Blinding was done on part of outcome assessor who was an experienced therapist. Patients were assessed by him at the end of treatment session. He was blinded about the type of intervention patient has received.

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

2023-02-15, 1401/11/26

Ethics committee reference number

RCRAHS/REC/08

Health conditions studied

1

Description of health condition studied

Knee osteoarthritis

ICD-10 code

M17.9

ICD-10 code description

Osteoarthritis of knee, unspecified

Primary outcomes

1

Description

Pain

Timepoint

Assessment will be performed at 0 week (baseline) at 3rd week and at completion of 6 weeks treatment

Method of measurement

Visual Analogue scale

2

Description

Range of motion

Timepoint

Assessment will be performed at 0 week (baseline) at 3rd week and at completion of 6 weeks treatment

Method of measurement

Goniometer

Secondary outcomes

1

Description

Quality of life

Timepoint

Assessment will be performed at 0 week (baseline) at 3rd week and at completion of 6 weeks treatment

Method of measurement
KOOS (Knee injury osteoarthritis outcome score)

2

Description
Balance
Timepoint
Assessment will be performed at 0 week (baseline) at 3rd week and at completion of 6 weeks treatment
Method of measurement
Berg Balance Scale

Intervention groups

1

Description
Intervention group 1 (Iliotibial Band Myofascial Release)
Category
Treatment - Other

2

Description
Control group: (Iliotibial Band Myofascial Release + Valgus control exercise)
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Allied Hospital
Full name of responsible person
Dr Laiba Fatima
Street address
Jail Road, Adjacent Faisalabad Medical University, Near Sargodha Road, Faisalabad, Pakistan
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+92 335 2536667
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laibafatima2535@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Self funded
Full name of responsible person
Zainab Sheraz
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house no. 32, street no. 2, Rehman Town, adjacent Shahzad Colony, Satyana Road, Faisalabad
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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
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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 involved

Study Protocol
Undecided - It is not yet known if there will be 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