

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Efficacy of a Modified Active Physical Therapy Program on Pain, Muscle Strength, and Function in Adolescent Football Players with Osteitis Pubis

Protocol summary

Study aim

Is to examine the efficacy of a modified active physical therapy (MAPT) program on pain, hip and trunk muscle strength, and function in young athletes with osteitis pubis .

Design

The study was designed as a randomized clinical trial, parallel-group design, of two interventions.

Settings and conduct

All assessments and interventions will be carried out at the outpatient clinic of Health and Rehabilitation Sciences Department, College of Applied Medical Sciences, Prince Sattam bin Abdulaziz University, Al-Kharj City, Saudi Arabia

Participants/Inclusion and exclusion criteria

The athletes will be included if they have 1) unilateral or bilateral groin pain that increases with movement as sprinting, cutting, and sit-ups and disappear by rest, 2) positive squeeze test, 3) positive symphysis pubis stress tests 4) pubic bone and pubic symphysis joint tenderness with palpation. Exclusion criteria will be; all other differential diagnosis leading to groin pain (e.g. inguinal or femoral hernia, prostatitis or urinary tract disorders), a history of lower limb surgery and/or trauma to the back or hip.

Intervention groups

- Two groups: MAPT group and traditional physical therapy (TPT) group. - The MAPT in this study consisted of four stages. Each stage lasted for three weeks. *1st stage: Pain control & lumbopelvic stability exercise *2nd stage: Strengthening and core stability exercises *3rd stage: Closed kinetic chain exercises and balance training *4th stage: Plyometrics and sport specific training - The TPT group used basic physiotherapy methods including hot packs, Transcutaneous electrical nerve, transverse friction massage, stretching exercise for hip flexors, hip adductors, and hamstring muscles, and Laser therapy.

Main outcome variables

- athletes pain, - hip and trunk muscle strengths - lower limb function,

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210909052421N3**

Registration date: **2023-04-09, 1402/01/20**

Registration timing: **retrospective**

Last update: **2023-04-09, 1402/01/20**

Update count: **0**

Registration date

2023-04-09, 1402/01/20

Registrant information

Name

Nadia Radwan

Name of organization / entity

Prince Sattam Bin Abdulaziz University

Country

Saudi Arabia

Phone

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-10-11, 1401/07/19

Expected recruitment end date

2023-03-20, 1401/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Efficacy of a Modified Active Physical Therapy Program on Pain, Muscle Strength, and Function in Adolescent Football Players with Osteitis Pubis

Public title
Efficacy of a Modified Active Physical Therapy Program in athletes with Osteitis Pubis

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Male adolescent football players suffering from osteitis pubis (OP). The player's age ranged from 12 to 18 years, with a history of OP pain extended more than 3 months. If they have unilateral or bilateral groin pain that increases with movement as sprinting, cutting, and sit-ups and disappear by rest. If they have positive squeeze test, positive symphysis pubis stress tests. if they have pubic bone and pubic symphysis joint tenderness with palpation.
Exclusion criteria:
All other differential diagnosis leading to groin pain (e.g. inguinal or femoral hernia, prostatitis or urinary tract disorders), A history of lower limb surgery and/or trauma to the back or hip.

Age
From **12 years** old to **18 years** old

Gender
Male

Phase
N/A

Groups that have been masked

- Participant
- Investigator

Sample size
Target sample size: **50**

Randomization (investigator's opinion)
Randomized

Randomization description
- A researcher who was not involved in the study performed the randomization using enclosed envelopes.
- The researcher prepared the enclosed envelopes, each envelope with a labeled card as either a modified active physical therapy (MAPT) or traditional physical therapy (TPT) group. - Each patient was requested to choose an enclosed envelope, 1:1 simple randomization, that determined whether he was allocated randomly to the MAPT group or TPT group.

Blinding (investigator's opinion)
Single blinded

Blinding description
The examining researcher was not included in the randomization process and still unaware of the group allocation. During their assessment, patients were asked not to report their treatment allocation to the examiner.

Placebo

Not used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee
Name of ethics committee
Standing Committee of Bioethics Research (SCBR) in the College of Applied Medical Sciences, Prince
Street address
ALmanifeia, Alraghi building
City
Alkharj
Postal code
00966
Approval date
2022-10-31, 1401/08/09
Ethics committee reference number
SCBR-072-2022

Health conditions studied

1

Description of health condition studied
osteitis pubis
ICD-10 code
M70.85
ICD-10 code description
Other soft tissue disorders related to use, overuse and pressure of thigh

Primary outcomes

1

Description
pain
Timepoint
pain will be measured at baseline and one week after the end of the treatment period for both groups.
Method of measurement
Visual analog scale (VAS)

2

Description
hip and trunk muscle strength
Timepoint
hip and trunk muscle strength will be measured at baseline and one week after the end of the treatment period for both groups.
Method of measurement
handheld dynamometer will be used to measure muscle

strength

3

Description

lower extremity function

Timepoint

it will be measured at baseline and one week after the end of the treatment period for both groups.

Method of measurement

lower extremity functional scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group. The modified active physical therapy (MAPT) group consisted of four stages. Each stage lasted for three weeks. Stage 1: Pain control & lumbopelvic stability - Stage 2: Strengthening and core stability exercises., Stage 3;Closed kinetic chain exercises and balance training, Stage 4:Plyometrics and sports specific training

Category

Rehabilitation

2

Description

Control group: The traditional physical therapy (TPT) group used basic physiotherapy methods.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Alshulla club

Full name of responsible person

Khalefah Abdullah Altofel

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Prince Sattam bin Abdul-Aziz university

Full name of responsible person

Mohammed Alshehri

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Grant name

Grant code / Reference number

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

No

Title of funding source

Self funding

Proportion provided by this source

100

Public or private sector

Public

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

Prince Sattam bin Abdulaziz University

Full name of responsible person

Nadia Lotfy Radwan

Position

Lecturer

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

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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

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

Patient information sheet , raw data , results

When the data will become available and for how long

After publication

To whom data/document is available

public

Under which criteria data/document could be used

statistical analysis

From where data/document is obtainable

Research gate

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

via email. research gate

Comments