

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Comparison of effectiveness of piriformis stretch and muscle activation exercises among patients with piriformis syndrome

Protocol summary

Study aim

To find out the effectiveness of Piriformis stretch and muscle activation exercise among patients with Piriformis syndrome.

Design

The design of this study is Randomized, parallel clinical trial. Randomization is done by Lottery method. In this method the researcher gives each participant of the trial a number. Researchers draw numbers from the box randomly to allocate participants in two groups.

Settings and conduct

The study is conducted at Arif Memorial Teaching Hospital. In this trial participants are blinded through concealment to avoid biasness.

Participants/Inclusion and exclusion criteria

Inclusion criteria: suffering from Piriformis syndrome; both male and female; being at the age between 20 and 50 years. Non-inclusion criteria: The condition be a complication of hip surgery or fracture

Intervention groups

Intervention group: All the patients of this group will be treated by Piriformis stretch. Control group: All the patients of this group will be treated by muscle activation exercise.

Main outcome variables

Pain intensity; Low back Disability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210326050770N2**

Registration date: **2023-07-19, 1402/04/28**

Registration timing: **registered_while_recruiting**

Last update: **2023-07-19, 1402/04/28**

Update count: **0**

Registration date

2023-07-19, 1402/04/28

Registrant information

Name

Mohammad Abbas Jamil

Name of organization / entity

Rashid latif medical college

Country

Pakistan

Phone

+92 49 4510915

Email address

m.abbas@rlmc.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-06-30, 1402/04/09

Expected recruitment end date

2023-09-30, 1402/07/08

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of effectiveness of piriformis stretch and muscle activation exercises among patients with piriformis syndrome

Public title

Effect of piriformis stretch and muscle activation exercises on piriformis syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Suffering from Piriformis syndrome Piriformis syndrome patients both male and female. Age between 20 and 50 years. Those patients who use steroids and non-steroids.	
Exclusion criteria:	
The condition be a complication of hip surgery or fracture	
Age	From 20 years old to 50 years old
Gender	Both
Phase	N/A
Groups that have been masked	Participant
Sample size	Target sample size: 26
Randomization (investigator's opinion)	Randomized
Randomization description	Patients will be allocated by lottery method into two groups. In this method the researcher gives each participant of the trial a number. Researchers draw numbers from the box randomly to allocate participants in two groups.
Blinding (investigator's opinion)	Single blinded
Blinding description	The blinding is achieved by concealment in which the treatment allocation for each patient is not revealed to the patient. This is done to avoid biasness
Placebo	Not used
Assignment	Parallel
Other design features	
Secondary Ids	empty
Ethics committees	
<u>1</u>	
Ethics committee	
Name of ethics committee	Institutional review board of Rashid Latif Medical College
Street address	35- km Ferozepur road; Lahore
City	Lahore
Postal code	54000
Approval date	2022-09-02, 1401/06/11
Ethics committee reference number	IRB/2022/039

Health conditions studied	
<u>1</u>	
Description of health condition studied	Piriformis syndrome is one of the common causes of sciatic pain which negatively affects the activities of daily life of an individual and ultimately leads to poor quality of life.
ICD-10 code	G57.00
ICD-10 code description	Lesion of sciatic nerve, unspecified lower limb
Primary outcomes	
<u>1</u>	
Description	Pain
Timepoint	On 1st day pre-intervention measurement and post-intervention measurement after 4 weeks
Method of measurement	Numeric Pain Rating Scale
<u>2</u>	
Description	Disability
Timepoint	On 1st day pre-intervention measurement and post-intervention measurement after 4 weeks
Method of measurement	Oswestry disability index
Secondary outcomes	empty
Intervention groups	
<u>1</u>	
Description	Intervention group (Piriformis stretch): All the patients of this group were treated by piriformis stretch. First baseline treatment was given. The subjects were made to bent two legs in a supine position and kept the leg of one side on the opposite side knee that would be measured. The subjects bent their knee over 90° until they felt tension in the direction toward the shoulder on the same side as the leg that was being stretched and then maintained the position for 30 seconds.This was repeated twice with a 30-second resting time in between.
Category	Treatment - Other
<u>2</u>	
Description	

Control group (Muscles Activation Exercises): All the patients of this group were treated by muscle activation exercise. First baseline treatment was given, Then for left hamstrings, adductor magnus, and gluteus medius). For Adductor Magnus Activation, Patient was asked to perform the close chain, weight-bearing task-sit to stand, to activate the Adductor Magnus. For Gluteus Medius Activation, Patient was asked to perform bridging on a stable surface, to activate the gluteus medius. For Hamstring Activation, The patient was asked to do a glute-hamstrings raise, to activate the Hamstrings.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Arif Memorial Teaching hospital

Full name of responsible person

Naseer Ahmad

Street address

35- km Feroze pur road lahore

City

Lahore

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54000

Phone

+92 303 7272342

Email

na992311@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rashid Latif Medical College

Full name of responsible person

Dr Abbas Jamil

Street address

35-km Ferozepur road; Lahore

City

Lahore

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m.abbas@rlmc.edu.pk

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Rashid Latif Medical College

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

Rashid Latif Medical College

Full name of responsible person

Naseer Ahmad

Position

physiotherapist

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Rashid latif medical college

Full name of responsible person

Dr Abbas Jamil

Position

Assistant Professor

Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data

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Punjab

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

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

Study Protocol

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

Statistical Analysis Plan

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

Informed Consent Form

Undecided - It is not yet known if there will be 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