

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of slump neural mobilization for the treatment of chronic radicular low back pain

Protocol summary

Study aim

the aim of study is to check the effects of slump neural mobilization for the treatment of chronic radicular low back pain. the out come measures will be pain, range of motion and level of disability. Pain will be checked using numeric pain rating scale, lumbar flexion range of motion will be calculated using inches tape and disability will be calculated using Oswestry disability low back pain questionnaire. the statistical analysis will be done using SPSS version 20.

Design

Randomized clinical trial will be done in which therapist will note the readings taken from both experimental and control group

Settings and conduct

Hospital Settings of Faisalabad including Allied hospital Faisalabad, National hospital Faisalabad, Govt. General Hospital faisalabad abd Aziz Fatima hospital Faisalabad, Pakistan

Participants/Inclusion and exclusion criteria

Inclusion criteria: • Age 25 to 50 years • Gender both male and female • Numbness and tingling till big toe • Pain more than 6 months • 1 to 6 pain reading on NPRS • No surgery of lumbar region or sugery for more than 5 years • Positive slump test Exclusion Criteria • Patients with knee contractures • Pregnant women with 3rd trimester • Post surgical patients of lower leg • Amputation below knee • Spinal fracture • Spinal infection • Neoplasm • Osteoporosis • Signs of upper motor neuron involvement

Intervention groups

Group A: Slump neural mobilization, Proprioceptive neuromuscular facilitation rhythmic stabilisation technique and hot pack Group B: Proprioceptive neuromuscular facilitation rhythmic stabilisation technique and hot pack

Main outcome variables

Outcomes will be Pain, lumbar flexion range of motion and Disability calculated using numeric pain rating scale,

inches tape and Oswestry disability low back pain questionnaire

General information

Reason for update

Acronym

RCT

IRCT registration information

IRCT registration number: **IRCT20230617058506N1**

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

Registration timing: **prospective**

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

Update count: **0**

Registration date

2023-07-19, 1402/04/28

Registrant information

Name

Dr Javeria Ashraf

Name of organization / entity

The University of Faisalabad

Country

Pakistan

Phone

+92 41 2692733

Email address

ajaveria231@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-07-24, 1402/05/02

Expected recruitment end date

2023-09-30, 1402/07/08

Actual recruitment start date

2023-07-24, 1402/05/02

Actual recruitment end date

2023-09-30, 1402/07/08

Trial completion date

2023-10-01, 1402/07/09

Scientific title

Effect of slump neural mobilization for the treatment of chronic radicular low back pain

Public title

Effect of slump neural mobilization for the treatment of chronic radicular low back pain

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Age 25 to 50 years Gender both male and female
Numbness and tingling till big toe Pain more than 6 months 1 to 6 pain reading on NPRS No surgery of lumbar region or sugery for more than 5 years Positive slump test

Exclusion criteria:

Patients with knee contractures Pregnant women with 3rd trimester Post surgical patients of lower leg Amputation below knee Spinal fracture Spinal infection Neoplasm Osteoporosis Signs of upper motor neuron involvement

Age

From **25 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Care provider
- Investigator
- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size

Target sample size: **20**

Actual sample size reached: **20**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomisation was done using lottery method. The randomization was done with the help of lottery method. Lottery generated numbers were drawn from the computer by the help of sample size. Different numbers were entered in the poll of group A which was the experimental group while the remaining number drawn from lottery methods were included in the control group named group B.

Blinding (investigator's opinion)

Single blinded

Blinding description

single investigator investigate the out come measures. Single investigator screened the patients on the basis of inclusion and exclusion criteria. After that with the help of lottery generated number assign each patient wether

in experimental group or control group. The treatment will be applied on each patient according to their group. After that the investigator take the reading to make the results accordingly

Placebo

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

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

Ethical committe of The University of Faisalabad named Dr Matloob Ahmad, Assoc Prof Dr Khawaja Adeel

Street address

12 GH, street 3 farid colony opp. Razaabad, Faislaabd

City

Faisalabad

Postal code

38000

Approval date

2023-03-21, 1402/01/01

Ethics committee reference number

TUF/DR/SA/MSPP/2023/239

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

Low back pain is a common health issue now a days which should be treated in all the primary health care settings. pain is present above the inferior gluteal region and below lower costal margins. Low back pain can be radiating or non-radiating in nature which should be ruled out. The most common type of radiating low back pain is known as sciatica.

ICD-10 code

M54.50

ICD-10 code description

Low Back Pain

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

Pain

Timepoint

Before starting intervention, 2nd reading will be taken at 2nd week and 3rd reading will be taken at 5th week post-intervention

Method of measurement

pain will be measured using numeric pain rating scale

Secondary outcomes

1

Description

Range of motion of lumbar flexion

Timepoint

first reading at baseline, 2nd reading at 2nd week and 3rd reading at 5th week post intervention

Method of measurement

range of motion will be calculated using inches tape

2

Description

Disability

Timepoint

Reading will be taken before starting the intervention i.e. baseline reading, 2nd reading post treatment will be taken after 2nd week and 3rd final reading post treatment will be taken after 5th week.

Method of measurement

Disability will be measured using Oswestry disability low back pain questionnaire

Intervention groups

1

Description

Group A: Experimental group: Received Slump neural mobilization. proprioceptive neuromuscular facilitation rhythmic stabilization technique and hot pack

Category

Rehabilitation

2

Description

Control group: Group B: Received PNF-RS and hot pack

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Allied Hospital faisalabad

Full name of responsible person

Dr. Arshad Ali

Street address

Jail road adjacent Faisalabad medical university
Faisalabad

City

Faisalabad

Postal code

38000

Phone

+92 41 9210082

Fax

+92 41 9210079

Email

vcmuf@gmail.com

Web page address

<https://pmc.edu.pk/S-Result.aspx>

2

Recruitment center

Name of recruitment center

National Hospital Faisalabad

Full name of responsible person

Dr Zaeem Aslam

Street address

No. C3C7+75R, Gulberg Rd, Jinnah Colony,
Faisalabad, Punjab

City

Faisalabad

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Phone

+92 41 2611496

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+92 41 2611146

Email

hr@nationalhospital.com

Web page address

<https://contactinfo.pk/the-national-hospital-faisalabad-contact-number/>

3

Recruitment center

Name of recruitment center

Govt. General Hospital Faisalabad

Full name of responsible person

Dr. Amir Naveed

Street address

No: C2VW+667, Block C Ghulam Muhammad Abad,
Faisalabad, Punjab

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Phone

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Fax

Email

gghgmabadsd@gmail.com

Web page address

<https://pmc.edu.pk/S-TimeTable1.aspx>

4

Recruitment center

Name of recruitment center

Aziz Fatima Hospital, Faisalabad

Full name of responsible person

Dr Basit Mehmood

Street address

Raja Road, Lahore - Sheikhpura - Faisalabad Rd,

Gulistan Colony Faisalabad, Punjab
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Web page address
<https://www.facebook.com/AzizFatimahHospital/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
The University of Faisalabad
Full name of responsible person
Dr Anbreena Rasool
Street address
Sargodha Rd, University Town, Faisalabad, Punjab
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Phone
+92 41 8750971
Fax
+92 41 8750970
Email
Info@tuf.edu.pk
Web page address
<https://www.tuf.edu.pk/>

Grant name

Grant code / Reference number

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

No

Title of funding source

The University of Faisalabad

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
The University of Faisalabad
Full name of responsible person

Dr Javeria Ashraf
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Physiotherapy
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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

Contact

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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

There is no further information

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

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

No - There is not a plan to make this available