

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparative effects of SNAG and cervicospular strengthening on pain intensity, headache frequency and duration, and quality of life in cervicogenic headache patients.

Protocol summary

Study aim

The aim of the study is to compare the effectiveness of SNAG and cervicospular strengthening on pain intensity, headache frequency and duration, and quality of life in patients with cervicogenic headache

Design

Randomized, superiority, parallel-group trial with blinded outcome assessment. Randomization was centralized and computerized with computer-generated random numbers sequence carried out at an external site.

Settings and conduct

participants, healthcare providers who care for participants during the trial, data collectors, outcome assessors, and with lesser importance data safety and monitoring board and manuscript writers. outcome assessor will be blind in the study.

Participants/Inclusion and exclusion criteria

Participants will be added to the study if they are 18 to 45 of age, both male and female, have unilateral headaches without side shift, have positive flexion rotation test, have had headaches for 3 months for a minimum of once per week, and have pain intensity equal or less than 4 on numeric pain rating scale, participants will be excluded from the study if they are suffering from dizziness, any visual problem, or have a congenital problem of the cervical spine.

Intervention groups

Group A: participants in this group will receive SNAG and cervicospular strengthening with a hot pack for 5 weeks with 3 sessions per week on alternate days. Group B: participants will receive cervicospular strengthening with a hot pack for 5 weeks with 3 sessions per week on alternate days.

Main outcome variables

Numeric pain rating scale, Headache questionnaire sheet, Headache impact test-6.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230720058859N1**

Registration date: **2023-08-03, 1402/05/12**

Registration timing: **registered_while_recruiting**

Last update: **2023-08-03, 1402/05/12**

Update count: **0**

Registration date

2023-08-03, 1402/05/12

Registrant information

Name

Sidrah Murtaza

Name of organization / entity

The University of Lahore, Lahore Pakistan

Country

Pakistan

Phone

+92 300 9449192

Email address

sidrahmurtaza92@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-07-23, 1402/05/01

Expected recruitment end date

2024-01-23, 1402/11/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative effects of SNAG and cervicospinal strengthening on pain intensity, headache frequency and duration, and quality of life in cervicogenic headache patients.

Public title

Comparative effects of SNAG and cervicospinal strengthening on pain intensity, headache frequency and duration and quality of life in cervicogenic headache patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Participants of age 18-45 year Both gender Subjects having unilateral headache without side shift Headache for the previous 3 months as a minimum once per week Subjects having positive flexion rotation test Pain intensity equal or more than 4 on numeric pain rating scale

Exclusion criteria:

Participants suffering from dizziness Any visual disturbance Subjects having any congenital condition of cervical spine

Age

From **18 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **58**

Randomization (investigator's opinion)

Randomized

Randomization description

the sample will be randomly divided into two groups using computer-generated random numbers

Blinding (investigator's opinion)

Single blinded

Blinding description

the assessor will be blind in the study, who evaluated the final outcomes at the end of the treatment

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The ethical committee of the university of Lahore

Street address

1-km defence road near bhuptian chowk Lahore

City

Lahore

Postal code

54000

Approval date

2023-07-18, 1402/04/27

Ethics committee reference number

REC-UOL-455-07-2023

Health conditions studied

1

Description of health condition studied

Cervicogenic headache

ICD-10 code

G44.86

ICD-10 code description

ICD-10 code G44.86 for cervicogenic headache is a medical classification as listed by WHO under the range-diseases of the nervous system.

Primary outcomes

1

Description

Pain intensity

Timepoint

Before treatment and 5 weeks after treatment

Method of measurement

Numeric pain rating scale

2

Description

Headache frequency and duration

Timepoint

Before treatment and 5 weeks after treatment

Method of measurement

Headache questionnaire sheet

3

Description

Quality of life

Timepoint

Before treatment and 5 weeks after treatment

Method of measurement

Headache impact test-6

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Group A will receive SNAG and cervicospular strengthening with the hot pack for 5 weeks with 3 sessions per week on alternate days

Category

Treatment - Other

2

Description

Intervention group: Group B will receive cervicospular strengthening with hot pack fro 5 weeks with 3 session per week on alternate days.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

The university of lahore teaching hospital

Full name of responsible person

Dr. Sana Tauqeer

Street address

1-km defence road near bhuptian chowk lahore

City

Lahore

Postal code

54000

Phone

+92 324 4294807

Email

sanatauqeer@uipt.uol.edu.pk

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The university of Lahore

Full name of responsible person

Dr. Sana Tauqeer

Street address

1-km defence road near bhuptian chowk Lahore

City

Lahore

Postal code

54000

Phone

+92 324 4294807

Email

sana.tauqeer@uipt.uol.edu.pk

Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?

Yes

Title of funding source

The university of Lahore

Proportion provided by this source

20

Public or private sector

Private

Domestic or foreign origin

Foreign

Category of foreign source of funding

Sponsor: country of origin

Country of origin

PK

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

The university of lahore

Full name of responsible person

Sidrah Murtaza

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

1-km defence road near bhuptian chowk Lahore

City

Lahore

Province

punjab

Postal code

54000

Phone

+92 302 9442292

Email

sidrahmurtaza92@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

The University of Lahore

Full name of responsible person

Dr. Sana Tauqeer

Position

senior Lecturer

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

1-km defence road near bhuptian chowk Lahore

City

Lahore

Province

punjab
Postal code
54000
Phone
+92 324 4294807
Email
sana.tauqeer@uipt.uol.edu.pk

54000
Phone
+92 324 4294807
Email
sana.tauqeer@uipt.uol.edu.pk

Person responsible for updating data

Contact

Name of organization / entity
The University of Lahore
Full name of responsible person
Dr. Sana Tauqeer
Position
senior Lecturer
Latest degree
Master
Other areas of specialty/work
Physiotherapy
Street address
1-km defence road near bhuptian chowk Lahore
City
Lahore
Province
punjab
Postal code

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