

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

comparative effects of myofascial release and bowen therapy in patients with text neck syndrome

Protocol summary

Study aim

To compare the effects of myofascial release and Bowen therapy on pain, range of motion, disability and posture (craniovertebral angle, rounded shoulder angle) in patients with text neck syndrome:

Design

Randomized clinical trial, single blinded study, two parallel groups with 32 patients from University Of Lahore Teaching Hospital Lahore

Settings and conduct

The trial will be conducted at University Of Lahore Teaching Hospital Lahore. The participant will be blinded by concealment of the technique that will be used on the participant.

Participants/Inclusion and exclusion criteria

INCLUSION CRITERIA: Both male and female patients, 18-35 years of age, Using smartphones >2 hours a day patient having neck pain which is increased by sustained posture and feeling of stiffness on turning the head and neck after long usages, NPRS > 3, NDI ≥10, Craniovertebral angle <50°, Rounded shoulder angle >52°, Neck pain lasting more than 3 months
EXCLUSION CRITERIA: Patients with any spinal infection or inflammatory disorder, Neck surgery or trauma or Malignancy, Torticollis, Scoliosis, Pregnancy, Diagnosed cases of disc prolapse, Stenosis, or Herniation, Spondylolisthesis, Osteoporosis, Those with current use of any medication or physical therapy treatment

Intervention groups

Group A: Myofascial release will be given to group A along with conventional therapy Group B: Bowen therapy will be given to group B along with conventional therapy

Main outcome variables

Pain intensity, Neck disability, Cervical ROM, Postural assessment

General information

Reason for update

Acronym

ceomrabtjpwtns

IRCT registration information

IRCT registration number: **IRCT20190717044238N10**

Registration date: **2023-11-15, 1402/08/24**

Registration timing: **registered_while_recruiting**

Last update: **2023-11-15, 1402/08/24**

Update count: **0**

Registration date

2023-11-15, 1402/08/24

Registrant information

Name

Fareeha Amjad

Name of organization / entity

The University of Lahore

Country

Pakistan

Phone

+92 42 99200600

Email address

fari_fairy22@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-11-01, 1402/08/10

Expected recruitment end date

2024-02-28, 1402/12/09

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

comparative effects of myofascial release and bowen

therapy in patients with text neck syndrome

Public title

comparative effects of myofascial release and bowen therapy in patients with text neck syndrome

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Both male and female patients 18-35 years of age Using smartphones greater than 2 hours a day patient having neck pain which is increased by sustained posture and feeling of stiffness on turning the head and neck after long usage Numerical pain rating scale greater than 3 Neck disability index greater and equal to 10 Craniovertebral angle less than 50° Rounded shoulder angle greater and equal to 52° Neck pain lasting more than 3 months

Exclusion criteria:

Patients with any spinal infection or inflammatory disorder Neck surgery or trauma or Malignancy Torticollis Scoliosis Pregnancy Diagnosed cases of disc prolapse, Stenosis or Herniation Spondylolisthesis Osteoporosis Those with current use of any medication or physical therapy treatment

Age

From **18 years** old to **35 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **32**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization will be done by use of sealed envelopes which involves assigning participants to different groups by randomly selecting an envelope that contains their group assignment. This will ensure reduce biasness in allocation of interventions. Simple randomization method is used to allocate participants to different groups.

Blinding (investigator's opinion)

Single blinded

Blinding description

In the trial the participant is blinded by not knowing or being unaware which intervention they are receiving , but the researcher know. This trial will be single blinded.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research and ethics Committee Riphah College of Rehabilitation and Allied Health Sciences

Street address

Riphah International University Gulberg campus lahore

City

Lahore

Postal code

54000

Approval date

2023-08-03, 1402/05/12

Ethics committee reference number

REC/RCR&AHS/23/0140

Health conditions studied

1

Description of health condition studied

Text Neck Syndrome

ICD-10 code

M54.2

ICD-10 code description

cervicalgia, unspecified

Primary outcomes

1

Description

Pain

Timepoint

Before intervention, 6 week

Method of measurement

Numerical pain rating scale

2

Description

Disability

Timepoint

Before intervention, 6 week

Method of measurement

Neck disability index

3

Description

Range of motion

Timepoint

Before intervention, 6 week

Method of measurement

Inclinometer

4

Description

Posture

Timepoint

Before intervention, 6 week

Method of measurement

Photographic method

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group A: Myofascial release will be given to group A along with the conventional treatment. This group patients will be treated with 10 mins of moist heat followed by Deep transverse friction massage therapist used ulnar border of both palms to release the fascia of cervical region (each treatment session for 20 to 30 min) Intervention was given for 6 weeks on alternate days(

Category

Rehabilitation

2

Description

Intervention group B: Bowen therapy will be given to group B along with the conventional treatment. These patients will receive 10 mins of moist heat and followed by Bowen Therapy top of the targeted muscle was touched by the therapist's (levator scapulae, sternocleidomastoid, upper trapezius, the scalene and suboccipital) Initially, the fingers will located onto the starting point with minimum pressure, and then the skin was engaged laterally or medially. Following this, downward pressure was applied to sink the tissue and held for 3-4 s to challenge the target tissue. Finally, the fingers were moved across the target tissue while maintaining pressure to disturb the underlying tissues The Bowen will perform as a pair with a 2-5 min pause between a set of moves(23). Each set was composed of 2-6 Bowen therapy (each session comprised of 20 to 30 mins) Intervention was given for 6 weeks on alternate days

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

University Of Lahore Teaching Hospital

Full name of responsible person

Hadia Ibrar

Street address

1-Km Defence Road,, near Bhuptian Chowk., Lahore,

Punjab

City

lahore

Postal code

54590

Phone

+92 322 5631821

Email

hadiaibrar1@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah International University Lahore

Full name of responsible person

Dr. Fareeha Amjad

Street address

Riphah International University Lahore Gulberg green campus

City

Lahore

Postal code

54000

Phone

+92 334 3372779

Email

fari_fairy22@yahoo.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Riphah International University Lahore

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

Riphah International University Lahore

Full name of responsible person

Hadia Ibrar

Position

MS student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

46-Iqbal avenue phase 3 lahore

City

Lahore

Province

Punjab

Postal code

54000

Phone

+92 322 5631821

Email

hadiaibrar1@gmail.com

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Riphah International University Lahore

Full name of responsible person

Fareeha Amjad

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

Street address

Riphah International University Lahore Gulberg green Campus

City

Lahore

Province

Punjab

Postal code

54000

Phone

+92 334 3372779

Email

fari_fairy22@gmail.com

Person responsible for updating data**Contact****Name of organization / entity**

Riphah International university Lahore

Full name of responsible person

Hadia Ibrar

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

Riphah International University Lahore Gulberg green campus

City

lahore

Province

Punjab

Postal code

54000

Phone

+92 322 5631821

Email

hadiaibrar1@gmail.com

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

confidentiality of participants

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

Consent form in its original format with no information about any participant study protocol -how the intervention was given to both groups

When the data will become available and for how long

Data would be available after the completion of the research

To whom data/document is available

People working in an academic and clinical setting can have access to the above mentioned information/documents

Under which criteria data/document could be used

Data can be used for Research Purpose

From where data/document is obtainable

Data can be asked for at the following email address: hadiaibrar1@gmail.com

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

One can ask for data at the given email address and it would be provided after knowing the general implications of sharing that particular data

Comments