

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jul 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

ceomrabtptwns

##### 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   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Public title</b>                           | comparative effects of myofascial release and bowen therapy in patients with text neck syndrome                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Purpose</b>                                | Education/Guidance                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Inclusion/Exclusion criteria</b>           | <b>Inclusion criteria:</b><br>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<br><b>Exclusion criteria:</b><br>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 |
| <b>Age</b>                                    | From <b>18 years</b> old to <b>35 years</b> old                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Gender</b>                                 | Both                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Phase</b>                                  | N/A                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Groups that have been masked</b>           | <ul style="list-style-type: none"> <li>Participant</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Sample size</b>                            | Target sample size: <b>32</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Randomization (investigator's opinion)</b> | Randomized                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Randomization description</b>              | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Blinding (investigator's opinion)</b>      | Single blinded                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Blinding description</b>                   | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Placebo</b>                                | Not used                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Assignment</b>                             | Parallel                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Other design features</b>                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Secondary Ids</b>                          | empty                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

|                                                |                                                                                           |
|------------------------------------------------|-------------------------------------------------------------------------------------------|
| <b>Ethics committees</b>                       |                                                                                           |
| <b><u>1</u></b>                                |                                                                                           |
| <b>Ethics committee</b>                        |                                                                                           |
| <b>Name of ethics committee</b>                | Research and ethics Committee Riphah College of Rehabilitation and Allied Health Sciences |
| <b>Street address</b>                          | Riphah International University Gulberg campus lahore                                     |
| <b>City</b>                                    | Lahore                                                                                    |
| <b>Postal code</b>                             | 54000                                                                                     |
| <b>Approval date</b>                           | 2023-08-03, 1402/05/12                                                                    |
| <b>Ethics committee reference number</b>       | REC/RCR&AHS/23/0140                                                                       |
| <b>Health conditions studied</b>               |                                                                                           |
| <b><u>1</u></b>                                |                                                                                           |
| <b>Description of health condition studied</b> | Text Neck Syndrome                                                                        |
| <b>ICD-10 code</b>                             | M54.2                                                                                     |
| <b>ICD-10 code description</b>                 | cervicalgia, unspecified                                                                  |
| <b>Primary outcomes</b>                        |                                                                                           |
| <b><u>1</u></b>                                |                                                                                           |
| <b>Description</b>                             | Pain                                                                                      |
| <b>Timepoint</b>                               | Before intervention, 6 week                                                               |
| <b>Method of measurement</b>                   | Numerical pain rating scale                                                               |
| <b><u>2</u></b>                                |                                                                                           |
| <b>Description</b>                             | Disability                                                                                |
| <b>Timepoint</b>                               | Before intervention, 6 week                                                               |
| <b>Method of measurement</b>                   | Neck disability index                                                                     |
| <b><u>3</u></b>                                |                                                                                           |
| <b>Description</b>                             | Range of motion                                                                           |
| <b>Timepoint</b>                               | Before intervention, 6 week                                                               |
| <b>Method of measurement</b>                   | Inclinometer                                                                              |

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### 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**

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**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**