

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### THE EFFECTS OF FUNCTIONAL RELEASE AND POSITIONAL RELEASE TECHNIQUES ON UPPER TRAPEZIUS MYALGIA AND CERVICAL RANGE OF MOTION; “A DOUBLE BLINDED RANDOMIZED CONTROLLED TRIAL”.

#### Protocol summary

Registration timing: **registered\_while\_recruiting**

##### Study aim

To determine the short term effects of functional release and positional release technique for upper Trapezius myalgia and cervical range of motion.

Last update: **2023-11-18, 1402/08/27**

Update count: **0**

##### Registration date

2023-11-18, 1402/08/27

##### Design

parallel group, double blind, randomized controlled trial

##### Registrant information

###### Name

Ayesha .

###### Name of organization / entity

Khyber medical university Peshawar Pakistan

###### Country

Pakistan

###### Phone

+92 91 9217703

###### Email address

ayeshameedpt@gmail.com

##### Settings and conduct

Northwest General Hospital & Research Centre  
Peshawar, Pakistan.

##### Participants/Inclusion and exclusion criteria

INCLUSION CRITERIA 1. Age 18 to 45 years with Upper Trapezius myalgia. 2. Males/females. 3. Pain intensity of 4 to 7 on NPRS will be included in the study. 4. Pain for more than one week. EXCLUSION CRITERIA 1. A patient will be excluded if suffering from, acute facet joint locking, and pregnancy 2. Patient with cervical radiculopathy, ligamentous instability, and recent TOS (Through special tests). 3. Diagnosed cases of Fibromyalgia syndrome, fractures, and recent injuries to the shoulder or cervical spine, neck, vascular disorder, scapula or any surgical procedures.

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Intervention groups

treatment group one receive functional release technique and treatment group two receive positional release technique

##### Expected recruitment start date

2023-10-31, 1402/08/09

##### Expected recruitment end date

2023-12-15, 1402/09/24

##### Main outcome variables

To determine the short term effects of functional release and positional release technique for upper Trapezius myalgia and cervical range of motion.

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20231027059868N1**

Registration date: **2023-11-18, 1402/08/27**

##### Scientific title

THE EFFECTS OF FUNCTIONAL RELEASE AND POSITIONAL RELEASE TECHNIQUES ON UPPER TRAPEZIUS MYALGIA AND CERVICAL RANGE OF MOTION; “A DOUBLE BLINDED RANDOMIZED CONTROLLED TRIAL”.

## Public title

THE EFFECTS OF FUNCTIONAL RELEASE AND POSITIONAL RELEASE TECHNIQUES ON UPPER TRAPEZIUS MYALGIA AND CERVICAL RANGE OF MOTION; "A DOUBLE BLINDED RANDOMIZED CONTROLLED TRIAL".

## Purpose

Treatment

## Inclusion/Exclusion criteria

### Inclusion criteria:

Age 18 to 45 years with Upper Trapezius myalgia.. Males/females Pain intensity of 4 to 7 on NPRS will be included in the study. Pain for more than one week.

### Exclusion criteria:

A patient will be excluded if suffering from, acute facet joint locking, and pregnancy Patient with cervical radiculopathy, ligamentous instability, and recent TOS (Through special tests). Diagnosed cases of Fibro-myalgia syndrome, fractures, and recent injuries to the shoulder or cervical spine, neck, vascular disorder, scapula or any surgical procedures.

## Age

From **14 years** old to **45 years** old

## Gender

Both

## Phase

0

## Groups that have been masked

- Participant
- Outcome assessor

## Sample size

Target sample size: **60**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Participants' recruitment for the study were be done through non-probability convenience sampling and then randomly assigned to either group A or group B through sealed envelope.

## Blinding (investigator's opinion)

Double blinded

## Blinding description

the subjects will be divided into two groups, thirty subjects in each group will be recruited from NWSH's Musculoskeletal Physiotherapy OPD. Informed consent will be taken from every single subject in their language best understood by them. The participants will not be inform about their group assignments prior to randomization. A consent form will be obtained once the patients fulfill the inclusion criteria. All of the participants required to choose one of the 60 papers from an envelope following the first evaluation round. Thirty papers had TG1 printing, and the remaining had TG2 printing. The papers in the envelope all will be mixed up. Each participant's choice of paper led to their appropriate grouping, which was TG1 for the FRT group and TG2 for the PRT. The volunteers selected also unaware of their group's features, and both groups will be assessed by an experienced physiotherapist colleague, who is also unaware about participate allocation in groups. Every participant received a total of

three sessions per day for one week.

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

KHYBER MEDICAL UNIVERSITY ETHICS BOARD.

##### Street address

F1 Phase-6 Rd, Phase 5 Hayatabad, Peshawar, Khyber Pakhtunkhwa 25100

##### City

PESHAWAR

##### Postal code

25000

#### Approval date

2023-06-20, 1402/03/30

#### Ethics committee reference number

091-9217258

## Health conditions studied

### 1

#### Description of health condition studied

##### ICD-10 code

M79.1

##### ICD-10 code description

Myalgia

## Primary outcomes

### 1

#### Description

to decrease pain

#### Timepoint

1, 3, 7 day after intervention

#### Method of measurement

Numerical pain rating scale ,and goniometer for Range of motion

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Functional release technique

**Category**

N/A

**2**

**Description**

Intervention group: 2 positional release technique

**Category**

N/A

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Northwest General Hospital & Research Centre  
Peshawar, Pakistan.

**Full name of responsible person**

Ayesha

**Street address**

Landi Akhoun Ahmad opposite Sarhad university ring  
road Peshawar

**City**

Peshawar

**Postal code**

25000

**Phone**

+92 91 5862514

**Email**

ayeshameedpt@gmail.com

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Khyber Medical University

**Full name of responsible person**

Ayesha

**Street address**

F1 Phase-6 Rd, Phase 5 Hayatabad, Peshawar, Khyber  
Pakhtunkhwa 25100

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**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Khyber Medical University

**Proportion provided by this source**

50

**Public or private sector**

Public

**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**

Khyber Medical University

**Full name of responsible person**

Ayesha

**Position**

MS Scholar

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

F1 Phase-6 Rd, Phase 5 Hayatabad, Peshawar, Khyber  
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**Contact**

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

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**Other areas of specialty/work**

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**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Yes - There is 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

**Title and more details about the data/document**

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**When the data will become available and for how long**

data will be available for researchers, scholars and students

**To whom data/document is available**

data will be available for master students and registered participants with IRCT.

**Under which criteria data/document could be used**

data will be available for master students and registered participants with IRCT.

**From where data/document is obtainable**

data will be obtained by emailing the principle author .(ayeshameedpt@gmail.com)

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

the researcher who required data mail the concern author..(ayeshameedpt@gmail.com)

**Comments**