

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 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

Settings and conduct

Northwest General Hospital & Research Centre
Peshawar, Pakistan.

Registrant information

Name

Ayesha .

Name of organization / entity

Khyber medical university Peshawar Pakistan

Country

Pakistan

Phone

+92 91 9217703

Email address

ayeshameedpt@gmail.com

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

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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