

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparative effects of stretching and PNF hold relax technique for shoulder mobility in post mastectomy patient - A Randomized Clinical Trial

Protocol summary

Study aim

To compare the effects of stretching and PNF Hold Relax technique for shoulder mobility in post mastectomy patients

Design

Randomized clinical trial

Settings and conduct

Government and Private hospitals of Faisalabad

Participants/Inclusion and exclusion criteria

Inclusion criteria 1. Age 30-60y 2. Females 3. Post mastectomy patients Exclusion criteria 1. Males 2. Females with chronic illness and traumas

Intervention groups

Group A will receive stretching Group B will receive hold relax technique

Main outcome variables

Shoulder disability

General information

Reason for update

To update important information

Acronym

IRCT registration information

IRCT registration number: **IRCT20220930056062N3**

Registration date: **2023-11-29, 1402/09/08**

Registration timing: **prospective**

Last update: **2025-04-14, 1404/01/25**

Update count: **2**

Registration date

2023-11-29, 1402/09/08

Registrant information

Name

Kaiynat Shafique

Name of organization / entity

The University of Faisalabad

Country

Pakistan

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+92 334 6925051

Email address

kaiynatshafique@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-12-01, 1402/09/10

Expected recruitment end date

2024-01-20, 1402/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative effects of stretching and PNF hold relax technique for shoulder mobility in post mastectomy patient - A Randomized Clinical Trial

Public title

Comparative effects of stretching and PNF hold relax technique for shoulder mobility in post mastectomy patient - A Randomized Clinical Trial

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Females Age 30 to 60 years Post Mastectomy patients

Exclusion criteria:

Age above 60 years or below 30 Males Chronic illness and traumas

Age

From **30 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization through lottery method

Blinding (investigator's opinion)

Single blinded

Blinding description

Patients will be blind in this clinical trial

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Government College University Faisalabad

Street address

Gulberg Faisalabad

City

Faisalabad

Postal code

38000

Approval date

2023-11-03, 1402/08/12

Ethics committee reference number

20759

Health conditions studied

1

Description of health condition studied

Carcinoma in situ of breast

ICD-10 code

D05

ICD-10 code description

Carcinoma in situ of breast

Primary outcomes

1

Description

Shoulder disability

Timepoint

Shoulder disability

Method of measurement

DAS questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Group A received stretching for 3 weeks, 10 repetition per session with 35 minutes of treatment time

Category

Rehabilitation

2

Description

Intervention group: Group B received PNF hold and relax technique for 3 weeks, 3 repetition per session with 35 minutes of treatment time.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Allied Hospital faisalabad

Full name of responsible person

Rafia Imtiaz

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Sponsors / Funding sources

1

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
No funding was received

Proportion provided by this source
1

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
Government College University Faisalabd

Full name of responsible person
Rafia Imtiaz

Position
Lecturer

Latest degree
Master

Other areas of specialty/work
Physiotherapy

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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
Privacy concerns

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
Yes - There is 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

COMPARATIVE EFFECTS OF STRETCHING AND PNF HOLD RELAX TECHNIQUE FOR SHOULDER MOBILITY IN POST MASTECTOMY PATIENT – A RANDOMIZED CLINICAL TRIAL

When the data will become available and for how long

Data from this trial will not be made publicly available. However, it may be accessible upon request. For inquiries regarding data access, please contact rafiaintiaz@gcuf.edu.pk.

To whom data/document is available

Data from this trial will not be made publicly available.

However, it may be accessible upon request. For inquiries regarding data access, please contact rafiaintiaz@gcuf.edu.pk.

Under which criteria data/document could be used

Data from this trial will not be made publicly available. However, it may be accessible upon request. For inquiries regarding data access, please contact rafiaintiaz@gcuf.edu.pk.

From where data/document is obtainable

Data from this trial will not be made publicly available. However, it may be accessible upon request. For inquiries regarding data access, please contact rafiaintiaz@gcuf.edu.pk.

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

Data from this trial will not be made publicly available. However, it may be accessible upon request. For inquiries regarding data access, please contact rafiaintiaz@gcuf.edu.pk.

Comments