

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparative Effects of Myofascial Release (Direct Deep Stroke) and Proprioceptive Neuromuscular Facilitation (Hold Relax) IN Supraspinatus Tendinitis: A randomized clinical trial

#### Protocol summary

##### Study aim

The main objective of this study was to determine the effect of myofascial release and PNF on improvement in pain, range of motion and functional status in patient suffering with supraspinatus tendonitis

##### Design

It will be single blinded randomized clinical trial. Study population that will suffering from supraspinatus tendonitis. 30 participants will be recruited according to criteria. Lottery method will be performed for allocation for participants in two groups.

##### Settings and conduct

The data will be collected from • MTH Hospital Faisalabad, PT OPD • DHQ Hospital Faisalabad, PT OPD • Allied Hospital Faisalabad, PT OPD

##### Participants/Inclusion and exclusion criteria

6 Inclusion criteria Participants who were socially active • Age;30-50years • Gender males and females • Pain on VAS 5-7 • Participants of Faisalabad Exclusion criteria • Patients with the history of Infections • Previous shoulder Surgery • Previous shoulder Fracture • Previous implants of shoulder

##### Intervention groups

According to inclusion and exclusion criteria 30 diagnosed subjects were enrolled into 2 groups, 15 patients in each group. A questionnaire filled by the subjects. Group A will receive moist heat (15 minutes) and myofascial release 3 sessions per week for 4 weeks, group B will receive moist heat (15 minutes) and proprioceptive neuromuscular facilitation 3 sessions per week for 4 weeks. Three readings were taken pre reading before any treatment, mid reading after 6 sessions and third reading after 12 sessions.

##### Main outcome variables

• Reducing pain • Improving functional disability • Increasing range of motion

#### General information

##### Reason for update

update date of recruitment

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230904059353N1**

Registration date: **2023-11-19, 1402/08/28**

Registration timing: **prospective**

Last update: **2023-11-30, 1402/09/09**

Update count: **1**

##### Registration date

2023-11-19, 1402/08/28

##### Registrant information

##### Name

Umar Tariq

##### Name of organization / entity

The University Of Faisalabad

##### Country

Pakistan

##### Phone

+92 304 7798888

##### Email address

umartariq1022@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-11-20, 1402/08/29

##### Expected recruitment end date

2023-12-26, 1402/10/05

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

## Trial completion date

empty

## Scientific title

Comparative Effects of Myofascial Release (Direct Deep Stroke) and Proprioceptive Neuromuscular Facilitation (Hold Relax) IN Supraspinatus Tendinitis: A randomized clinical trial

## Public title

physiotherapy for patients suffering with supraspinatus tendonitis

## Purpose

Health service research

## Inclusion/Exclusion criteria

### Inclusion criteria:

Age ; 30-50 year Gender; Both Male and Female Pain; 5-7 on VAS

### Exclusion criteria:

Patients with history of infection Previous surgery of shoulder Previous shoulder fracture

## Age

From **30 years** old to **50 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

- Participant

## Sample size

Target sample size: **30**

## Randomization (investigator's opinion)

Randomized

## Randomization description

This, randomized clinical trial employed a convenient sampling technique to recruit 30 eligible subjects who met the inclusion and exclusion criteria. Each participant provided informed consent prior to their involvement in the study. Following the enrollment phase, Lottery method was used to randomly allocated the participant into two treatment groups. 15 patients were present in each group. For lottery method, each patient was asked to pick one paper from two pieces of paper, with group A and group B written on them. Participants were divided into treatment groups according to the paper they choose. After completing 15 patients in one group, all other participants was assigned to the other treatment group, so that both groups have equal participants.

## Blinding (investigator's opinion)

Single blinded

## Blinding description

Participants will not be known in which group they will be allocated

## Placebo

Not used

## Assignment

Other

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of The University of Faisalabad

##### Street address

West canal, Faisalabad

##### City

Faisalabad

##### Postal code

38000

#### Approval date

2023-03-03, 1401/12/12

#### Ethics committee reference number

TUF/IRB/2023

## Health conditions studied

### 1

#### Description of health condition studied

Supraspinatus tendonitis

#### ICD-10 code

soft tissu

#### ICD-10 code description

M75.31

## Primary outcomes

### 1

#### Description

Shoulder pain

#### Timepoint

Shoulder pain will be assessed three times before start of 1 session, after 2 weeks and after 4 weeks.

#### Method of measurement

Visual analogue scale

### 2

#### Description

Shoulder range of motion

#### Timepoint

Shoulder pain will be assessed three times before start of 1 session, after 2 weeks and after 4 weeks.

#### Method of measurement

Goniometer

### 3

#### Description

Shoulder disability

#### Timepoint

Shoulder pain will be assessed three times before start of 1 session, after 2 weeks and after 4 weeks.

**Method of measurement**

Shoulder pain and disability index

**Secondary outcomes**

empty

**Intervention groups****1****Description**

Intervention group A will receive 3 sessions of myofascial release per week for 4 weeks.

**Category**

Treatment - Other

**2****Description**

Intervention group B will receive 3 sessions of proprioceptive neuromuscular facilitation for 4 weeks.

**Category**

Treatment - Other

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Madinah Teaching Hospital

**Full name of responsible person**

Muhammad Umar Tariq

**Street address**

Sargodha road Faisalabad

**City**

Faisalabad

**Postal code**

38000

**Phone**

+92 304 7798888

**Email**

umartariq1022@gmail.com

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

The University of Faisalabad

**Full name of responsible person**

Muhammad Umar Tariq

**Street address**

West canal road Faisalabad

**City**

Faisalabad

**Postal code**

38000

**Phone**

+92 304 7798888

**Email**

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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**

All financial expenses will be born by myself

**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**

Other

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

The University of Faisalabad

**Full name of responsible person**

Muhammad Umar Tariq

**Position**

Student

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

West canal Faisalabad

**City**

Faisalabad

**Province**

Punjab

**Postal code**

38000

**Phone**

+92 304 7798888

**Email**

umartariq1022@gmail.com

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

The University Of Faisalabad

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**Position**

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**Other areas of specialty/work**

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+92 304 7798888  
**Email**  
umartariq1022@gmail.com

## Person responsible for updating data

### Contact

**Name of organization / entity**  
The University of Faisalabad  
**Full name of responsible person**  
Muhammad Umar Tariq  
**Position**  
Student  
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## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be 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

No - There is not 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