

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

COMPARATIVE EFFECTS OF INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION AND DEEP TRANSVERSE FRICTION MASSAGE ON SUBJECTS WITH ACHILLES TENDINOPATHY

Protocol summary

Study aim

The efficacy of IASTM and deep transverse friction massage on Achilles tendon for patients of Achilles Tendinopathy on pain and disability was not evaluated and it is a less explored area. So, this research study will be carried out to evaluate whether instrument assisted STM or without instrument STM have same effect or not.

Design

Randomized clinical trial, Single blinded, Parallel groups, 40 sample size

Settings and conduct

- Pro Health Rehab & Medical Center, Faisalabad • In Motion Physiotherapy and Rehabilitation Clinic, Faisalabad • Al-Haq Physio & Rehabilitation Center, Faisalabad

Participants/Inclusion and exclusion criteria

Inclusion Criteria • 18 to 40 years of age • Clinically diagnosed with AT by a clinician • Pain that is localized 2-7 cm from the tendon's distal insertion • Patient with U/L or B/L AT • Male and female • Having pain greater than 3 on NPRS • Positive Royal London hospital test • Positive Arc sign • Willing to participate will be included into study Exclusion Criteria • Past history of ankle fracture that affect joint • Having pain 3 or less than 3 on NPRS • Insertional tendinopathy • Rheumatic conditions • Diabetes or circulatory issues • Achilles tendon injuries other than AT • Positive Thompson's test • Patient with age less than 18 years or above than 40 years • Participants with any diagnosed auto-immune disorder • Having co-morbidities such as neoplasm

Intervention groups

Treatment Plan Group A For group A Instrument assisted soft tissue mobilization (IASTM) was given 3-5 min with 10 mints of warm up session using ultrasound as baseline treatment. Group B For group B transverse deep friction massage was given for time 10 min. 10 mints of warm up session using ultrasound as baseline treatment.

Main outcome variables

- Pain • Functional Disability

General information

Reason for update

Acronym

ACHILLES TENDINOPATHY

IRCT registration information

IRCT registration number: **IRCT20240429061592N1**

Registration date: **2024-05-10, 1403/02/21**

Registration timing: **retrospective**

Last update: **2024-05-10, 1403/02/21**

Update count: **0**

Registration date

2024-05-10, 1403/02/21

Registrant information

Name

Sameer UI Haq

Name of organization / entity

The University of Faisalabad

Country

Pakistan

Phone

+92 342 0817195

Email address

sameerulhaq076@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-02-17, 1402/11/28

Expected recruitment end date

2024-04-19, 1403/01/31

Actual recruitment start date

2024-02-17, 1402/11/28
Actual recruitment end date
2024-04-19, 1403/01/31
Trial completion date
2024-04-19, 1403/01/31

Scientific title
COMPARATIVE EFFECTS OF INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION AND DEEP TRANSVERSE FRICTION MASSAGE ON SUBJECTS WITH ACHILLES TENDINOPATHY

Public title
COMPARATIVE EFFECTS OF INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION AND DEEP TRANSVERSE FRICTION MASSAGE ON SUBJECTS WITH ACHILLES TENDINOPATHY

Purpose
Health service research

Inclusion/Exclusion criteria
Inclusion criteria:
18 to 40 years of age Clinically diagnosed with AT by a clinician Pain that is localized 2-7 cm from the tendon's distal insertion Patient with U/L or B/L AT Having pain greater than 3 on NPRS Positive Royal London hospital test Positive Arc sign Willing to participate will be included into study
Exclusion criteria:
Past history of ankle fracture that affect joint Having pain 3 or less than 3 on NPRS Insertional tendinopathy Rheumatic conditions Diabetes or circulatory issues Achilles tendon injuries other than AT Positive Thompson's test Patient with age less than 18 years or above than 40 years Participants with any diagnosed auto-immune disorder Having co-morbidities such as neoplasm

Age
From **18 years** old to **40 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **40**
Actual sample size reached: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
Participants were randomly allocated in to groups by means of lottery method.

Blinding (investigator's opinion)
Single blinded

Blinding description
Only the researcher doing the study knows which treatment or intervention the participant is receiving until the trial is over.

Placebo
Not used

Assignment
Parallel

Other design features

Purposive sampling technique was used.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethical committee of The University of Faisalabad

Street address

University Avenue, Faisal Town Canal Road,
Faisalabad, Punjab

City

Faisalabad

Postal code

38000

Approval date

2024-01-05, 1402/10/15

Ethics committee reference number

TUF/Addl Reg/SB/777

Health conditions studied

1

Description of health condition studied

Achilles Tendinopathy

ICD-10 code

M76.6

ICD-10 code description

Achilles Tendinopathy

Primary outcomes

1

Description

Pain

Timepoint

Before Intervention and at the end of 3rd week

Method of measurement

NPRS

Secondary outcomes

1

Description

Functional Disability

Timepoint

Before Intervention and after 3rd week

Method of measurement

VISA-A Achilles Questionnaire

Intervention groups

1

Description

Intervention group:

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

- Pro Health Rehab & Medical Center, Faisalabad

Full name of responsible person

Dr. Zain Ali Bal; PT

Street address

P-346 Amin Town, C-Block Kashmir Road, Faisalabad

City

Faisalabad

Postal code

38000

Phone

+92 306 6706867

Email

sameerulhaq076@gmail.com

Web page address

2

Recruitment center

Name of recruitment center

- Al-Haq Physio & Rehabilitation Center, Faisalabad

Full name of responsible person

Dr. Sameer Ul Haq; PT

Street address

Chak No195 R.B, Faisalabad

City

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Phone

+92 342 0817195

Email

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3

Recruitment center

Name of recruitment center

n Motion Physiotherapy and Rehabilitation Clinic,
Faisalabad

Full name of responsible person

Dr. Hanan Abdullah; PT

Street address

513-F Gulistan Colony no. 1, Raja Road, Faisalabad

City

Faisalabad

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38000

Phone

+92 310 7436476

Email

sameerulhaq076@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

THE UNIVERSITY OF FAISALABAD

Full name of responsible person

Syed Saqlain Babar

Street address

University Avenue, Faisal Town Canal Road,
Faisalabad, Punjab

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Faisalabad

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38000

Phone

+92 315 6205017

Email

syedsaqlain264@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

THE UNIVERSITY OF FAISALABAD

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

Al Haq Physio & Rehabilitation Center

Full name of responsible person

Sameer Ul Haq

Position

CEO

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

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Other areas of specialty/work

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Person responsible for updating data

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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

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is 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

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

All Collected Deidentified

When the data will become available and for how long

starting in January 2025

To whom data/document is available

Everyone

Under which criteria data/document could be used

Everyone who required for academic or clinical purpose

From where data/document is obtainable

By contacting on Gmail

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

Contact on given Gmail accounts

Comments