

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparative effects of cervical traction versus myokinetic stretching technique (MST) on pain, functional disability and grip strength in patients with cervical radiculopathy

Protocol summary

Study aim

The purpose of the current study will be to assess the impact of cervical traction and MST on pain, functional disability and grip strength in subjects suffering from cervical radiculopathy.

Design

It is a randomized controlled trial with double blinding of subjects. Data will be collected for 6-9 months after approval

Settings and conduct

Data will be collected from Physical therapy department of Ibn e siena Hospital, Multan

Participants/Inclusion and exclusion criteria

INCLUSION CRITERIA Both male and female individuals aged 30-50 years, Individuals with upper-limb pain that had been radiating from their neck for more than three weeks, The clinical prediction rule will be used to diagnose the participants which includes four elements out of which, presence of three elements confirm Cervical Radiculopathy diagnosis. **EXCLUSION CRITERIA** History of previous cervical or thoracic spine injury, Recent fracture or surgery in and around the shoulder, Any systemic disease, Any comorbid factors, Pregnancy

Intervention groups

Patients will be randomly allocated to two groups
Patients in both groups will receive conventional therapy. Group A will be treated with cervical traction. Group B will be treated with Myokinetic Stretching technique, which consists of active and passive stretches with myofascial release (MFR)

Main outcome variables

Pain and functional disability

General information

Reason for update

Acronym

MST

IRCT registration information

IRCT registration number: **IRCT20240513061771N1**

Registration date: **2024-07-21, 1403/04/31**

Registration timing: **registered_while_recruiting**

Last update: **2024-07-21, 1403/04/31**

Update count: **0**

Registration date

2024-07-21, 1403/04/31

Registrant information

Name

Iraj Shoaib

Name of organization / entity

University of Lahore

Country

Pakistan

Phone

+92 332 5004605

Email address

irajshoaib5@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-12-12, 1402/09/21

Expected recruitment end date

2024-08-12, 1403/05/22

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative effects of cervical traction versus myokinetic stretching technique (MST) on pain, functional disability and grip strength in patients with cervical radiculopathy

Public title

comparison of myokinetic stretching technique (MST) and cervical traction on cervical radiculopathy

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

• Individuals with upper-limb pain that had been radiating from their neck for more than three weeks will be studied. • The clinical prediction rule will be used to diagnose the participants which includes four elements out of which, presence of three elements confirm Cervical Radiculopathy diagnosis. It includes, 1. The Spurling test 2. The distraction test 3. The upper limb tension test 4. The ipsilateral cervical rotation less than 60 degrees • Neck disability score <50%

Exclusion criteria:

• History of previous cervical or thoracic spine injury • Recent fracture or surgery in and around the shoulder • Any systemic disease • Any comorbid factors such as congenital, malignant, autoimmune, and neurological conditions involving cervical spine and head • Pregnancy

Age

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

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Outcome assessor

Sample size

Target sample size: **48**

Randomization (investigator's opinion)

Randomized

Randomization description

Computer generated random number will be used to randomize subjects into two groups.

Blinding (investigator's opinion)

Double blinded

Blinding description

It will be a double blinded study in which participant and assessor will be unaware of the treatment patient will be receiving.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of The University of Lahore

Street address

1 km Defence Road, near Bhuptian Chowk, Lahore, Punjab

City

Lahore

Postal code

54000

Approval date

2023-12-12, 1402/09/21

Ethics committee reference number

REC-UOL-653-01-2024

Health conditions studied

1

Description of health condition studied

Cervical Radiculopathy

ICD-10 code

M54.12

ICD-10 code description

Radiculopathy, cervical region

Primary outcomes

1

Description

pain, functional disability

Timepoint

before intervention and 3 weeks after intervention

Method of measurement

Visual analog scale, neck disability index

Secondary outcomes

1

Description

Grip strength

Timepoint

Before intervention and 3 weeks after intervention

Method of measurement

Hand dynamometer

Intervention groups

1

Description

Intervention group 1: Myokinetic Stretching Technique

Category

Rehabilitation

2

Description

Intervention group 2: Cervical Traction

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Physical therapy department of Ibn e siena Hospital, Multan..

Full name of responsible person

Dr. Sajid Rashid

Street address

Southern Bypass Jahangirabad, Multan

City

Multan

Postal code

60000

Phone

+92 331 7157977

Email

info@ibn-e-siena.org.pk

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Lahore

Full name of responsible person

Prof. Dr. Ashfaq Ahmed

Street address

1 km Defence Road, near Bhuptian Chowk, Lahore, Punjab

City

Lahore

Postal code

54000

Phone

+92 42 111 865 865

Email

info@uol.edu.pk

Web page address

<https://uol.edu.pk/>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

The University of Lahore

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

The University of Lahore

Full name of responsible person

Iraj Shoaib

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

Chaudhary House near New generation school, Zaid town, Piran ghaib road, Multan

City

Multan

Province

Punjab

Postal code

60000

Phone

+92 332 5004605

Email

irajshoaib5@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

The University of Lahore

Full name of responsible person

Dr Arooj Fatima

Position

Head of Department

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

Street address

1 km Defence Road, near Bhuptian Chowk, Lahore, Punjab

City

Lahore

Province

Punjab

Postal code

54000

Phone

+92 341 4391882

Email

irajshoaib5@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

The University of Lahore

Full name of responsible person

Iraj Shoaib

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

Chaudhary House near New Generation school, zaid town, piran ghaib road, Multan

City

Multan

Province

Punjab

Postal code

60000

Phone

+92 332 5004605

Email

irajshoaib5@gmail.com

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

Undecided - It is not yet known if there will be 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

Yes - There is a plan to make this available

Title and more details about the data/document

Data related to final outcome will be shared by maintaining confidentiality

When the data will become available and for how long

Data will be available starting six months after the publication

To whom data/document is available

Dr. Arooj Fatima (corresponding author) HOD at The University of Lahore

Under which criteria data/document could be used

For research purpose

From where data/document is obtainable

To the co-author of the study Dr. Arooj Fatima can be contacted on 03414391882. Also on the search engine, you can find my study at <https://scholar.google.com/>

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

Open access and there is traditional public data release where anyone can get access to the data without any registration or conditions. The request will be viewed by director incharge and in case of eligibility, it would be shared in two weeks.

Comments

I want randomized clinical trial registration.