

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

COMPARATIVE EFFECTS OF POSITION RELEASE THERAPY AND RECIPROCAL INHIBITION ON PIRIFORMIS SYNDROME IN SOCCER PLAYERS

Protocol summary

Study aim

This study will be investigating the effects of Position release therapy (PRT) and Reciprocal Inhibition of METS in soccer players experiencing pain and discomfort condition. The reason for choosing this theme was basically to find out the appropriate therapeutic techniques by comparing therapy results with other techniques.

Design

RCT

Settings and conduct

□ United Hospital Faisalabad □ Physio Treats Physical Therapy and rehabilitation center □ In Motion Physical therapy and Rehab Centre □ Pro Health and Rehab

Participants/Inclusion and exclusion criteria

Inclusion Criteria □ Participants of age 18-40 were included □ Male athletes were included □ Pain in the buttock □ Pain up to rank 3 on NPRS □ Positive FABER and FAIR test □ Positive Sciatic nerve tension test □ Onset of pain 24-72 hours after provocative activity □ Tenderness over the piriformis muscle □ Patients who are willing to sign the consent form □ Patient must be soccer player at least from 1 year Exclusion Criteria □ Any known vascular condition □ Diagnosed / known psychiatric illness □ Positive SIJ dysfunction criteria □ Positive tests for LBP □ Deformity of the hip joint □ Lumbar Disc Herniation □ Spinal stenosis □ Peripheral neuropathy □ Systemic diseases e.g, hyper/hypotension, diabetes and hypo/hyperthyroidism □ Individual consuming recreational drugs □ Chain kinematic disturbance of whole limb □ Degenerative condition □ Any history of hip trauma or accident (6 months) □ Burn/scar □ Steroidal injection to hip joint □ Diagnosed tumor □ Myofascial pain syndrome

Intervention groups

Group A Reciprocal Inhibition Group B Position Release Therapy

Main outcome variables

□ Pain □ Hip ROM □ Strength

General information

Reason for update

Acronym

PIRIFORMIS SYNDROME

IRCT registration information

IRCT registration number: **IRCT20240526061898N1**

Registration date: **2024-08-01, 1403/05/11**

Registration timing: **retrospective**

Last update: **2024-08-01, 1403/05/11**

Update count: **0**

Registration date

2024-08-01, 1403/05/11

Registrant information

Name

Muhammad Ahsan Ali

Name of organization / entity

The University of Faisalabad

Country

Pakistan

Phone

+92 303 8301956

Email address

2022-ms-pt-052@tuf.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-02-17, 1402/11/28

Expected recruitment end date

2024-05-17, 1403/02/28

Actual recruitment start date

2024-02-17, 1402/11/28

Actual recruitment end date

2024-05-17, 1403/02/28

Trial completion date

2024-05-17, 1403/02/28

Scientific title

COMPARATIVE EFFECTS OF POSITION RELEASE THERAPY AND RECIPROCAL INHIBITION ON PIRIFORMIS SYNDROME IN SOCCER PLAYERS

Public title

COMPARATIVE EFFECTS OF POSITION RELEASE THERAPY AND RECIPROCAL INHIBITION ON PIRIFORMIS SYNDROME IN SOCCER PLAYERS

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

Patients who are willing to sign the consent form Onset of pain 24-72 hours after provocative activity Pain in the buttock Pain up to rank 3 on NPRS Positive FABER and FAIR test Positive Sciatic nerve tension test Tenderness over the piriformis muscle

Exclusion criteria:

Any known vascular condition Diagnosed / known psychiatric illness Positive SIJ dysfunction criteria Positive tests for LBP Deformity of the hip joint Lumbar Disc Herniation Spinal stenosis Peripheral neuropathy Systemic diseases e.g, hyper/hypotension, diabetes and hypo/hyperthyroidism Individual consuming recreational drugs Chain kinematic disturbance of whole limb Degenerative condition Any history of hip trauma or accident (6 months) Burn/scar Steroidal injection to hip joint Diagnosed tumor Myofascial pain syndrome

Age

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

Gender

Male

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **20**

Actual sample size reached: **20**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants were allocated into two groups by using lottery method.

Blinding (investigator's opinion)

Single blinded

Blinding description

people who are being invited to take part and grouped in intervention groups after giving informed consent

Placebo

Not used

Assignment

Parallel

Other design features

RCT, Single blinded, Multi setting

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The university of Faisalabad

Street address

The university of faisalabad, faisal town west canal road faisalabad

City

Faisalabad

Postal code

38000

Approval date

2024-02-17, 1402/11/28

Ethics committee reference number

TUF/Addl Reg/SB/782

Health conditions studied

1

Description of health condition studied

Piriformis Syndrome

ICD-10 code

M54.3

ICD-10 code description

Sciatica

Primary outcomes

1

Description

Pain

Timepoint

Pre treatment and after every treatment session

Method of measurement

NPRS

2

Description

ROM

Timepoint

Pre treatment and after every week

Method of measurement

Goniometer

3

Description

MMT

Timepoint

Pre treatment and post of last treatment session

Method of measurement

MMT

Secondary outcomes

1

Description

Function

Timepoint

Pre treatment and post of last treatment session

Method of measurement

LEFS

Intervention groups

1

Description

Intervention group:

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Physio Treats Physical Therapy and rehabilitation center

Full name of responsible person

Muhammad Ahsan Ali

Street address

Shop no 119-120 Makkah Commercial Market 208
Chak road Faisalabad

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38000

Phone

+92 303 8301956

Email

chahsan247@gmail.com

2

Recruitment center

Name of recruitment center

In Motion Physical Therapy and Rehab Centre

Full name of responsible person

Muhammad Ahsan Ali

Street address

Aziz fatimah road faisalabad

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The university of faisalabad

Full name of responsible person

Muhammad Ahsan Ali

Street address

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City

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Email

chahsan247@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

The university of faisalabad

Full name of responsible person

Muhammad Ahsan Ali

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

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Province

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Muhammad Ahsan Ali

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Muhammad Ahsan Ali

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student

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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

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

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

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When the data will become available and for how long

After Publication, lifetime

To whom data/document is available

Researcher, students , health care providers

Under which criteria data/document could be used

Academic/ research/ rehabilitation

From where data/document is obtainable

Public Databases, Academic and Research Institutions

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

Identifying the Data/Document Needed

Comments