Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
City
Faisalabad
Postal code
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
City
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Phone
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Email
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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
Faisal town west canal road faisalabad
City
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Phone
+92 303 8301956
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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Person responsible for scientific inquiries

Contact

Name of organization / entity
The university of faisalabad

Full name of responsible person
Muhammad Ahsan Ali

Position
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Other areas of specialty/work
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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
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student

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chahsan247@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
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