

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparative Effects of Mulligan Mobilization with movement and compression pain release phenomenon on pain, Range of motion(ROM), and functional abilities in patients with Patellofemoral pain syndrome

#### Protocol summary

##### Study aim

Comparing the effects of two techniques on Patellofemoral pain syndrome

##### Design

Randomization, Parallel, single blind, randomised clinical trial

##### Settings and conduct

Allied hospital, Faisal Hospital, Mujahid Hospital

##### Participants/Inclusion and exclusion criteria

inclusion(age 25 to 45) exclusion (knee bursitis)

##### Intervention groups

Two interventional groups are made named as group A which is Mulligan Mobilization with movement and Group B which is Compression Pain release phenomenon

##### Main outcome variables

knee pain, Range of motion, functional limitations

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20240715062439N1**

Registration date: **2024-08-08, 1403/05/18**

Registration timing: **retrospective**

Last update: **2024-08-08, 1403/05/18**

Update count: **0**

##### Registration date

2024-08-08, 1403/05/18

##### Registrant information

##### Name

Aabroo Zafar

##### Name of organization / entity

The University of Faisalabad

##### Country

Pakistan

##### Phone

+92 41 4142222

##### Email address

aabroo906930@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2024-03-10, 1402/12/20

##### Expected recruitment end date

2024-04-06, 1403/01/18

##### Actual recruitment start date

2024-03-10, 1402/12/20

##### Actual recruitment end date

2024-04-06, 1403/01/18

##### Trial completion date

2024-04-06, 1403/01/18

##### Scientific title

Comparative Effects of Mulligan Mobilization with movement and compression pain release phenomenon on pain, Range of motion(ROM), and functional abilities in patients with Patellofemoral pain syndrome

##### Public title

Effect of techniques in patients with Patellofemoral pain syndrome

##### Purpose

Health service research

##### Inclusion/Exclusion criteria

##### Inclusion criteria:

Confirmed diagnosis of patellofemoral pain syndrome  
Who has had unilateral Anterior knee pain for more than two months  
Reported pain levels more than 3 on the numerical pain rating scale during two separate activities  
Both male and female  
Age 25 to 45 years

##### Exclusion criteria:

People who had meniscus tears Knee bursitis  
Ligamentous injuries of knee joint Knee joint  
degeneration Patellofemoral dislocation Frequent  
subluxation Pregnant women

#### Age

From **25 years** old to **45 years** old

#### Gender

Both

#### Phase

N/A

#### Groups that have been masked

- Participant

#### Sample size

Target sample size: **34**

Actual sample size reached: **34**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

Method of randomization is simple, Unit of randomization is individual, Tools used in randomization are computer software , Individuals were randomly allocated in two intervention groups A and B.

#### Blinding (investigator's opinion)

Single blinded

#### Blinding description

In this study blinding of participants is done, so it is single blinding study, participants were cared by physiotherapist during data collection

#### 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 Faisalabad

##### Street address

West canal road, faislabad

##### City

Faisalabad

##### Postal code

37610

#### Approval date

2024-02-17, 1402/11/28

#### Ethics committee reference number

TUF/DR/SA/MSPP/2024/412

## Health conditions studied

### 1

#### Description of health condition studied

Patellofemoral pain syndrome

#### ICD-10 code

M22.2

#### ICD-10 code description

Patellofemoral disorders

## Primary outcomes

### 1

#### Description

Knee pain: Patellofemoral pain syndrome

#### Timepoint

Before intervention and 4 weeks after intervention

#### Method of measurement

Visual analogue scale

## Secondary outcomes

### 1

#### Description

Knee ROM (Flexion) and Functional limitations

#### Timepoint

Before intervention and after 4 weeks of intervention

#### Method of measurement

Goniometer and Lower extremity functional scale

## Intervention groups

### 1

#### Description

Intervention group: A

#### Category

Treatment - Other

### 2

#### Description

Intervention group: B

#### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Allied Hospital

##### Full name of responsible person

Sobia Nawaz

##### Street address

Dr.Tusi Rd, Faisalabad

##### City

Faisalabad

##### Postal code

48101

**Phone**  
+92 41 9210095  
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alliedhospitalfsd@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
The University of Faisalabad  
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adeera.azam@tuf.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 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**  
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Adeera Azam  
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Professor  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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**

Yes - There is 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**

Comparative effects of mulligan mobilization with

movement and compression pain release phenomenon on pain, Range of motion and functional abilities in patients with patellofemoral pain syndrome

### **When the data will become available and for how long**

Starting in March 2024 and data will be available for everyone

### **To whom data/document is available**

This will be available for everyone

### **Under which criteria data/document could be used**

nowalnasil9@gmail.com 0092 3016045532

### **From where data/document is obtainable**

aabroo906930@gmail.com 0092 3214142222

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

Any applicant just need to contact for data/file contact through email at aabroo906930@gmail.com

### **Comments**