

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 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

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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

<u>1</u>
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

<u>1</u>
Description of health condition studied Patellofemoral pain syndrome
ICD-10 code M22.2
ICD-10 code description Patellofemoral disorders

Primary outcomes

<u>1</u>
Description Knee pain: Patellofemoral pain syndrome
Timepoint Before intervention and 4 weeks after intervention
Method of measurement Visual analogue scale

Secondary outcomes

<u>1</u>
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

<u>1</u>
Description Intervention group: A
Category Treatment - Other
<u>2</u>
Description Intervention group: B
Category Treatment - Other

Recruitment centers

<u>1</u>
Recruitment center
Name of recruitment center Allied Hospital
Full name of responsible person Sobia Nawaz
Street address Dr.Tusi Rd, Faisalabad
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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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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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

nowalnasir9@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