

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Thoracic mobilization versus sling-based thoracic active exercises on pain, function and quality of life in patients with non-specific neck pain

#### Protocol summary

##### Study aim

To find out the effects of thoracic mobilization with and without sling based thoracic active exercises on pain, function and quality of life in patients with non-specific neck pain.

##### Design

It is a Randomized controlled trial. Sample size is estimated to be 44 i.e: 22 in each group. After adding drop out rate the sample size is 52 i.e: 26 in each group. There are two groups namely group A and group B. Group A will receive sling-based thoracic active exercises with thoracic mobilization and cervical manual therapy for 4 weeks while group B will receive thoracic mobilization and cervical manual therapy for 4 weeks. Data will be collected at 3 intervals i.e: 0 week (baseline), 2nd week and 4th week (after completion of treatment) from both groups. Participants will be allocated to the groups randomly by using lottery method to minimize bias. It is a single blinded study, assessor is blinded. Study is conducted at Physiotherapy department of University of Lahore Teaching Hospital Lahore.

##### Settings and conduct

University of Lahore Teaching Hospital Physiotherapy department. It is a single blinded study, assessor will be blinded.

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria: 20-45 years old, Both males and females are included, diagnosed patients of non-specific neck pain, NDI score equal to or more than 24 Exclusion Criteria: The presence of neurological signs and symptoms, previous surgical history related to spine or neck, Currently undergoing any injection treatment to reduce pain, Neurological issues, Pregnancy, Cardiac disease, Active infection

##### Intervention groups

Group A: sling-based thoracic active exercises with thoracic mobilization and cervical manual therapy Group B: thoracic mobilization and cervical manual therapy

#### Main outcome variables

Pain Function Quality of life

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20240518061828N1**

Registration date: **2024-08-27, 1403/06/06**

Registration timing: **retrospective**

Last update: **2024-08-27, 1403/06/06**

Update count: **0**

##### Registration date

2024-08-27, 1403/06/06

##### Registrant information

##### Name

Samer Zehra

##### Name of organization / entity

The University of Lahore

##### Country

Pakistan

##### Phone

+92 42 111 865 865

##### Email address

Samkazmi1111@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2024-02-15, 1402/11/26

##### Expected recruitment end date

2024-08-01, 1403/05/11

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty  
**Trial completion date**  
empty

**Scientific title**  
Thoracic mobilization versus sling-based thoracic active exercises on pain, function and quality of life in patients with non-specific neck pain

**Public title**  
Thoracic mobilization versus sling-based thoracic active exercises on pain, function and quality of life in patients with non-specific neck pain

**Purpose**  
Treatment

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
20-45 years old Both male and female Diagnosed with non-specific neck pain NDI score is equal to or more than 24

**Exclusion criteria:**  
The presence of neurological signs and symptoms  
Previous surgical history related to spine or neck  
Currently undergoing any injection treatment to reduce pain  
Neurological issues  
Pregnancy  
Cardiac disease  
Active infection

**Age**  
From **20 years** old to **45 years** old

**Gender**  
Both

**Phase**  
0

**Groups that have been masked**  

- Outcome assessor

**Sample size**  
Target sample size: **52**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
After screening, all the participants will be randomly allocated into 2 groups through lottery method: Group A (Experimental group: Sling based thoracic active exercise + thoracic mobilization + cervical manual therapy) and Group B (Control group: Thoracic mobilization + cervical manual therapy)

**Blinding (investigator's opinion)**  
Single blinded

**Blinding description**  
In a single-blinded study where the assessor is blind, the person evaluating the outcomes or measurements of the study participants is unaware of which participants belong to the control group and which belong to the experimental group. This helps to prevent bias in the assessment of the outcomes

**Placebo**  
Not used

**Assignment**  
Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Research Ethical committee of the University of Lahore

##### Street address

1-Km Defence Road,, near Bhuptian Chowk,, Lahore, Punjab

##### City

Lahore

##### Postal code

54000

#### Approval date

2024-05-06, 1403/02/17

#### Ethics committee reference number

REC-UOL-/130/80/24

## Health conditions studied

### 1

#### Description of health condition studied

Non-specific neck pain

#### ICD-10 code

M54.2

#### ICD-10 code description

Cervicalgia

## Primary outcomes

### 1

#### Description

Pain

#### Timepoint

Before intervention, 2 week and 4th Week (after intervention)

#### Method of measurement

Numeric pain rating scale

### 2

#### Description

Function

#### Timepoint

Before intervention, 2 week and 4th Week (after intervention)

#### Method of measurement

Neck disability index

### 3

#### Description

Quality of life

#### Timepoint

Before intervention, 2 week and 4th Week (after intervention)

**Method of measurement**

SF-36 Questionnaire

**Secondary outcomes**

empty

**Intervention groups**

**1**

**Description**

Intervention group: Thoracic mobilization with sling-based thoracic active exercises group and cervical manual therapy

**Category**

Treatment - Other

**2**

**Description**

Control group:Thoracic mobilization and cervical manual therapy

**Category**

Treatment - Other

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

University of Lahore Teaching Hospital

**Full name of responsible person**

Dr. Iqra Waseem

**Street address**

1-Km Defence Road,, near Bhuptian Chowk,, Lahore, Punjab

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70136320@student.uol.edu.pk

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

University of Lahore

**Full name of responsible person**

Samer Zehra

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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**

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**

University of Lahore

**Full name of responsible person**

Samer Zehra

**Position**

Student

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

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**Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

**Justification/reason for indecision/not sharing IPD**

Due to confidentiality issues

**Study Protocol**

No - There is not a plan to make this available

**Statistical Analysis Plan**

No - There is not a plan to make this available

**Informed Consent Form**

No - There is not a plan to make this available

**Clinical Study Report**

No - There is not a plan to make this available

**Analytic Code**

No - There is not a plan to make this available

**Data Dictionary**

No - There is not a plan to make this available