

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

MECHANICAL CERVICAL TRACTION WITH AND WITHOUT SNAGS ON PAIN, FUNCTIONAL DISABILITY AND QUALITY OF LIFE AMONG PATIENTS WITH MECHANICAL NECK PAIN

Protocol summary

Study aim

The main aim of this study is to determine the effects of mechanical cervical traction with and without sustained natural apophyseal glides (SNAGs) on pain, functional disability and quality of life among patients with mechanical neck pain.

Design

It will be single blinded study, in which the assessor will be unaware of the treatment group.

Settings and conduct

The data will be collected from the University of Lahore Teaching Hospital. The study population will be consisted of patients with mechanical neck pain.

Participants/Inclusion and exclusion criteria

Inclusion criteria: •Both male and female academic staff of University of Lahore. •Patients with NPRS score between 3 and 6 for more than three months. •Patients with screen time greater than 6 hours per day. Exclusion criteria: •Degenerative diseases (inflammatory arthritis, osteoporosis, osteoarthritis) •Recent weight loss and history of tumor around neck. •Patient taking anticoagulants. •History of neck trauma due to RTA, fall or other accidents. •Recent fracture or dislocation. •Previous surgery of cervical and upper thoracic spine. •Pregnant females.

Intervention groups

Intervention Group A: Mechanical cervical traction with SNAGs and routine physical therapy to check how it influence the pain, functional disability and quality of life. Group B: mechanical cervical traction and routine physical therapy will be provided to the patients

Main outcome variables

Numeric Pain Rating Scale for Pain Neck Disability Index for Functional Disability Short Form -36 for Quality of Life.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240808062691N1**

Registration date: **2024-08-21, 1403/05/31**

Registration timing: **registered_while_recruiting**

Last update: **2024-08-21, 1403/05/31**

Update count: **0**

Registration date

2024-08-21, 1403/05/31

Registrant information

Name

Ayesha Naeem

Name of organization / entity

The University of Lahore

Country

Pakistan

Phone

+92 42 35450222

Email address

ayeshawahab60@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-03-21, 1403/01/02

Expected recruitment end date

2024-09-03, 1403/06/13

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

MECHANICAL CERVICAL TRACTION WITH AND WITHOUT SNAGS ON PAIN, FUNCTIONAL DISABILITY AND QUALITY OF LIFE AMONG PATIENTS WITH MECHANICAL NECK PAIN

Public title

Mechanical cervical traction with and without SNAGS among patients with mechanical neck pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patient of both genders with age from 25-40 years. Patients with NPRS score between 3 and 6 for more than three months. Patients with screen time greater than 6 hours per day.

Exclusion criteria:

Patients with degenerative diseases (inflammatory arthritis, osteoporosis, osteoarthritis) Recent weight loss and history of tumor around neck. Patient taking anticoagulants. History of neck trauma due to RTA, fall or other accidents. Recent fracture or dislocation. Previous surgery of cervical and upper thoracic spine. Pregnant females.

Age

From **25 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

The lottery method of randomization will be used to divide the participants into experimental group and control group.

Blinding (investigator's opinion)

Single blinded

Blinding description

This study is a single blinded study in which outcome assessor will be unaware of the treatment group.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committee Faculty of Allied Health Sciences The University of Lahore

Street address

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

City

Lahore

Postal code

54000

Approval date

2024-03-08, 1402/12/18

Ethics committee reference number

REC-UOL-/131/8/24

Health conditions studied

1

Description of health condition studied

Mechanical neck pain

ICD-10 code

M54.2

ICD-10 code description

Cervicalgia (mechanical neck pain)

Primary outcomes

1

Description

pain

Timepoint

Before intervention and at the 2nd and 4th weeks after intervention

Method of measurement

Numeric pain rating scale (NPRS)

2

Description

Functional disability

Timepoint

Before intervention and at the 2nd and 4th weeks after intervention

Method of measurement

Neck Disability Index (NDI)

3

Description

Quality Of Life

Timepoint

Before intervention and at the 2nd and 4th weeks after intervention

Method of measurement

36-Item Short Form Survey (SF-36)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: this group will receive mechanical cervical traction with SNAGs and routine physical therapy

Category

Treatment - Devices

2

Description

Control group: this group will receive mechanical cervical traction with routine physical therapy

Category

Treatment - Devices

Recruitment centers

1

Recruitment center

Name of recruitment center

The University of Lahore Teaching Hospital

Full name of responsible person

Dr. Asim Arif

Street address

1-Km Defence Road,, near Bhuptian Chowk,, Lahore,
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https://uol.edu.pk/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Lahore

Full name of responsible person

Ayesha Naeem

Street address

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Grant name

none

Grant code / Reference number

N/A

Is the source of funding the same sponsor organization/entity?

No

Title of funding source

none

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 Lahore

Full name of responsible person

Ayesha Naeem

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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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

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

Demographic data and data related to final outcome will be shared by maintaining the confidentiality.

When the data will become available and for how long

Data will be available after the publication of findings till six months

To whom data/document is available

Ayesha Naeem

Under which criteria data/document could be used

for research purpose only

From where data/document is obtainable

To the corresponding author of the study, Ayesha Naeem and can contact on +923184002992, ayeshawahab60@gmail.com

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

Open access and there is the traditional public data release where anyone can get access to the data.

Comments