

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effects of Deep Transverse Friction Massage along with the Nerve Gliding Exercises in the management of Carpal Tunnel Syndrome patients

#### Protocol summary

##### Study aim

To determine the effect of deep transverse friction massage along with the nerve gliding exercises in the management of carpal tunnel syndrome patients

##### Design

A Randomized Clinical Trial with two groups, not a blinded study of 3rd phase with 11 patients in each group, which is 22 in total

##### Settings and conduct

Mujahid Hospital, Social Security Hospital, District Health Quarter Hospital

##### Participants/Inclusion and exclusion criteria

positive Phalen's test, positive Tinel test, positive Duncan's test, both genders of patients with unilateral hand, age 20 to 40, moderate pain(4-7), No neurovascular surgery, No neurovascular condition of neck or upper limb, No neurological condition, No musculoskeletal problem of upper quadrant, No myofascial pain syndrome, No upper extremity trauma, No pain with orthopedic condition, No fracture, No post-traumatic stiffness, No osteoarthritis pain, Not pregnant, No diabetes mellitus

##### Intervention groups

group A: TENS, Nerve gliding exercises, soft tissue massage Group B: TENS, nerve gliding exercises

##### Main outcome variables

Pain, Wrist ROM, The Grip Strength, Functional Disability

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20240528061934N1**

Registration date: **2024-09-21, 1403/06/31**

Registration timing: **retrospective**

Last update: **2024-09-21, 1403/06/31**

Update count: **0**

##### Registration date

2024-09-21, 1403/06/31

##### Registrant information

###### Name

Aemen Abid

###### Name of organization / entity

The University of Faisalabad

###### Country

Pakistan

###### Phone

+92 322 7796059

###### Email address

aimenmalik61@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2024-02-17, 1402/11/28

##### Expected recruitment end date

2024-05-30, 1403/03/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effects of Deep Transverse Friction Massage along with the Nerve Gliding Exercises in the management of Carpal Tunnel Syndrome patients

##### Public title

Effects of Deep Transverse Friction Massage on Carpal Tunnel Patients

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

**Inclusion criteria:**

Confirmed diagnosis of Carpal Tunnel Syndrome by Positive Phalen's test Positive tinel test, Positive Duncan's test Both gender of patients with unilateral involvement of hand with age 20 to 40. At least moderate pain (4-7), according to VAS scale (60)4. Patients willing to participate in the study Patients willing to participate in the study.

**Exclusion criteria:**

Patients with neurovascular surgery or neurovascular condition of the neck or upper limb other than carpal tunnel syndrome Patients with Neurological conditions include (cervical radiculopathy cervical myelopathy, musculoskeletal problems of the upper quadrant (such as rheumatoid arthritis, fibromyalgia Myofascial pain syndrome including pain referred to the hand) or recent upper extremity trauma on the affected Side were excluded. Pain with the orthopaedic condition, fractures, post traumatic stiffness of wrist, wrist pain due to osteoarthritis Pregnancy, postoperative scenario of carpal tunnel syndrome, postsurgical wrist numbness and patients with thyroid complications are all conditions that may be associated with carpal tunnel syndrome .6. Diabetic mellitus patients were excluded from the study

**Age**

From **20 years** old to **40 years** old

**Gender**

Both

**Phase**

3

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **22**

More than 1 sample in each individual

Number of samples in each individual: **11**

Eleven

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Simple random sampling was used to allocate patients.

The list of individuals was generated through online randomization generator. According to the list patients were assigned into group 1 and group 2

**Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Research and Ethics/ Technical committee for the University of Faisalabad

**Street address**

University Avenue, Faisal Town Canal Road, Faisalabad, Punjab

**City**

Faisalabad

**Postal code**

38000

**Approval date**

2024-02-17, 1402/11/28

**Ethics committee reference number**

TUF/DR/SA/MSPP/2024/420

**Health conditions studied****1****Description of health condition studied**

Carpal Tunnel Syndrome

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

Pain

**Timepoint**

Before intervention and at the end of 6 weeks of intervention

**Method of measurement**

Visual Analog Scale will be used

**2****Description**

Wrist ROM

**Timepoint**

Before intervention and at the end of 6 weeks of intervention

**Method of measurement**

Goniometer will be used

**3****Description**

The Grip Strength

**Timepoint**

Before intervention and at the end of 6 weeks of intervention

**Method of measurement**

Handheld Dynamometer will be used

**Secondary outcomes****1****Description**

Functional Disability

## Timepoint

Before intervention and at the end of 6 weeks of intervention

## Method of measurement

Boston Carpal Tunnel Questionnaire will be used

## Intervention groups

### 1

#### Description

Intervention group:

#### Category

Treatment - Devices

### 2

#### Description

Intervention group:

#### Category

Treatment - Devices

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Mujahid Hospital

##### Full name of responsible person

Maryam Safdar

##### Street address

P-103 Z Block Madina Town, Green Belt, Susan Road

##### City

Faisalabad

##### Postal code

38000

##### Phone

+92 321 7978088

##### Email

asst.prof.rehab.689@tuf.edu.pk

##### Web page address

<https://www.mujahidhospital.org.pk/>

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

The University of Faisalabad

##### Full name of responsible person

Maryam Safdar

##### Street address

University Avenue, Faisal Town Canal Road,  
Faisalabad, Punjab

##### City

Faisalabad

##### Postal code

38000

##### Phone

+92 321 7978088

## Email

asst.prof.rehab.689@tuf.edu.pk

## Web page address

<https://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

The University of Faisalabad

#### Full name of responsible person

Aemen Abid

#### Position

Student

#### Latest degree

Bachelor

#### Other areas of specialty/work

Physiotherapy

#### Street address

House no 310, khayaban colony no.2, Imtiaz shaheed  
road tipu street, Faisalabad

#### City

Faisalabad

#### Province

Punjab

#### Postal code

38000

#### Phone

+92 41 2026337

#### Email

aimenmalik61@yahoo.com

#### Web page address

## Person responsible for scientific inquiries

### Contact

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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**

No - There is not 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**

Effects of deep transverse friction massage along with nerve gliding exercises in the management of carpal tunnel syndrome patients

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

starting six months after publication and it will remain available for everyone

**To whom data/document is available**

this will be available for everyone

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

asst.prof.rehab.689@tuf.edu.pk Mobile number 0092 321 7978088

**From where data/document is obtainable**

aimenmalik61@yahoo.com Mobile number 0092 322 7796059

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

Any applicant just need to contact for data/file contact through email at aimenmalik61@yahoo.com

**Comments**

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

The University of Faisalabad

**Full name of responsible person**

Aemen Abid

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