Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effectiveness Of Dry Cupping Therapy With And Without Thoracic Mobilization On Pain And Functional Status Among Low Back Pain Patients

Protocol summary

Study aim

To compare the Effectiveness of dry cupping therapy with and without thoracic mobilization among low back pain patients:

Design

Randomized Clinical Trials (RCT).

Settings and conduct

4.2: Settings: Lahore Physiotherapy and Rehabilitation Center, Bahria International Hospital, (Lahore). 4.3: Study Duration: Within nine months of the synopsis being approved, the study will be finished.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: ● 18–59 years of age (40) ● Both male and female (40) ● If the participant is having pain in the spine for the duration of more than 3 months but not radiating to the leg (28) ● Any participant who has complain of pain on a scale of 3 to 8 (moderate to severe) according to the NPRS (28) 4.6.2: Exclusion Criteria: ● If any participants has planned any flights for the next two months (28) ● Already treated with cupping therapy. (28) ● If any individual is receiving physical therapy interventions (41) ● Any individual with psychological or neurological disorders ● Any individual who are at risk of falls or having visual or auditory discrepancies ● Any participant who can't receive cupping therapy (e.g. open wound, skin infections) (41) ● Any individual with disorders of spine or spinal cord (e.g. fractures, infection or tumors) (40) ● Sacroiliac joint dysfunctioning

Intervention groups

Participants were randomly allocated into two groups (Group A: Dry cupping therapy group with mobilization, Group B: Dry cupping therapy without mobilization). Both groups received routine physical therapy which includes 15 minutes of heat therapy.

Main outcome variables

1. Pain (Numeric Pain Rating Scale) 2. Physical Function (Oswestry Low Back Pain Disability Index Questionnaire) 3. Quality of Life (WHOQOL-BREF)

General information

Reason for update

Acronym

EDCTWWTMPFSALBPP

IRCT registration information

IRCT registration number: **IRCT20250415065342N1**
Registration date: **2025-04-25, 1404/02/05**
Registration timing: **registered_while_recruiting**

Last update: **2025-04-25, 1404/02/05**
Update count: **0**

Registration date

2025-04-25, 1404/02/05

Registrant information

Name
Mirza Usman Baig
Name of organization / entity
Lahore Physiotherapy and Rehabilitation Center
Country
Pakistan
Phone
+92 309 7759756
Email address
usmanbaig513@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-04-16, 1404/01/27

Expected recruitment end date

2025-06-11, 1404/03/21

Actual recruitment start date

2025-04-16, 1404/01/27

Actual recruitment end date

2025-06-11, 1404/03/21

Trial completion date

2025-06-12, 1404/03/22

Scientific title

Effectiveness Of Dry Cupping Therapy With And Without Thoracic Mobilization On Pain And Functional Status Among Low Back Pain Patients

Public title

Effectiveness Of Dry Cupping Therapy With And Without Thoracic Mobilization On Pain And Functional Status Among Low Back Pain Patients

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

18–59 years of age (40) Both male and female If the participant is having pain in the spine for the duration of more than 3 months but not radiating to the leg (28) Any participant who has complain of pain on a scale of 3 to 8 (moderate to severe) according to the NPRS (28)

Exclusion criteria:

If any participants has planned any flights for the next two months Sacroiliac joint dysfunctioning Any individual with disorders of spine or spinal cord (e.g. fractures, infection or tumors) Any participant who can’t receive cupping therapy (e.g. open wound, skin infections) Any individual who are at risk of falls or having visual or auditory discrepancies Any individual with psychological or neurological disorders If any individual is receiving physical therapy interventions Already treated with cupping therapy

Age

From **18 years** old to **59 years** old

Gender

Both

Phase

1-2

Groups that have been masked

- Investigator

Sample size

Target sample size: **52**
More than 1 sample in each individual
Number of samples in each individual: **26**
DRY CUPPING THERAPY WITH AND WITHOUT THORACIC MOBILIZATION
Actual sample size reached: **52**
More than 1 sample in each individual
Actual sample size in each individual: **26**
DRY CUPPING THERAPY WITH AND WITHOUT THORACIC MOBILIZATION

Randomization (investigator's opinion)

Randomized

Randomization description

Purposive sampling, also known as judgmental or selective sampling, is a non-probability sampling technique where researchers intentionally select participants based on their specific characteristics, knowledge, or experiences that are relevant to the research question.

Blinding (investigator's opinion)

Single blinded

Blinding description

The investigator is blinded. Everyone knows the treatment except the investigator.

Placebo

Not used

Assignment

Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The University of Lahore

Street address

1-Km Defence Road، near Bhuptian Chowk، Lahore

City

Lahore

Postal code

54000

Approval date

2024-10-10, 1403/07/19

Ethics committee reference number

UIPT/201/630//2024

Health conditions studied

1

Description of health condition studied

Health condition studies encompass research investigating various aspects of diseases and health conditions, including their causes, prevention, diagnosis, and treatment. These studies can be broadly categorized into clinical trials, observational studies, and epidemiological studies

ICD-10 code

m54.50

ICD-10 code description

M54.50

Primary outcomes

1

Description

1. Pain

Timepoint

8 weeks

Method of measurement

Numeric Pain Rating Scale

2

Description
• Physical Function
Timepoint
8 weeks
Method of measurement
Oswestry Low Back Pain Disability Index Questionnaire

3

Description
Quality of Life
Timepoint
8 Weeks
Method of measurement
WHOQOL-BREF

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group:
Category
Treatment - Other

2

Description
Intervention group:
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Lahore Physiotherapy and Rehabilitation Center
Full name of responsible person
Dr. aqsa Khalid
Street address
Plaza # 100-a, Chambeli Commercial, Sector C, Bahria Town Lahore
City
Lahore
Postal code
53720
Phone
+92 309 7759756
Email
lprcenter01@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Lahore Physiotherapy and Rehabilitation Center
Full name of responsible person
Mirza Usman Baig
Street address
Plaza # 100-a, Chambeli Commercial, Sector C, Bahria Town Lahore
City
Lahore
Postal code
53720
Phone
+92 309 7759756
Email
lprcenter01@gmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
academic funds
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
Persons

Person responsible for general inquiries

Contact
Name of organization / entity
Lahore Physiotherapy and Rehabilitation Center
Full name of responsible person
Dr. aqsa Khalid
Position
Clinical Physiotherapist
Latest degree
Bachelor
Other areas of specialty/work
Physiotherapy
Street address
Plaza # 100-a, Chambeli Commercial, Sector C, Bahria Town Lahore
City
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Punjab
Postal code
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Email
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Person responsible for scientific inquiries

Contact

Name of organization / entity
Lahore Physiotherapy and Rehabilitation Center

Full name of responsible person
Mirza Usman Baig

Position
CEO

Latest degree
Master

Other areas of specialty/work
Physiotherapy

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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
Mirza Usman Baig

Position
HOD

Latest degree
Master

Other areas of specialty/work
Physiotherapy

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Email
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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
EFFECTIVENESS OF DRY CUPPING THERAPY WITH AND WITHOUT THORACIC MOBILIZATION ON PAIN AND FUNCTIONAL STATUS AMONG LOW BACK PAIN PATIENTS

When the data will become available and for how long
it will be available in nine months for 2 years

To whom data/document is available
for everyone

Under which criteria data/document could be used
For RCTs

From where data/document is obtainable
On websites and google search engines

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

Comments
none