

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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

Lahore

##### Province

Punjab

##### Postal code

53720

##### Phone

+92 309 7759756

##### Email

lprcenter01@gmail.com

## 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

**Street address**

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Bahria Town Lahore

**City**

Lahore

**Province**

Punjab

**Postal code**

53720

**Phone**

+92 309 7759756

**Email**

lprcenter01@gmail.com

## Person responsible for updating data

### Contact

**Name of organization / entity**

Lahore Physiotherapy and Rehabilitation Center

**Full name of responsible person**

Mirza Usman Baig

**Position**

HOD

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

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Bahria Town Lahore

**City**

Lahore

**Province**

Punjab

**Postal code**

53720

**Phone**

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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