

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison of two neurodynamic sliding techniques on hamstring muscle flexibility of healthy soccer players

#### Protocol summary

##### Summary

(1) Objective: The purpose of this study is to evaluate the effect of two neurodynamic sliding techniques on hamstring muscle flexibility of healthy soccer players. (2) Design: Design of this study is randomized single blind clinical trial. (3) Setting and conduct: Participants are collected among the players of Shiraz football teams. The evaluation of the participants will conduct by another examiner who is unclear from the categorization of the study groups and type of treatment. 30 individuals will be assigned by block randomization either to control, interventions 1 and 2 groups and are not aware that they will belong to each groups. (4) Participants including major eligibility criteria: Inclusion criteria are Men aged 17 to 35 years ;having the limitation of motion at least 15 degrees in the knee joint (90-90 degrees). Participants have hamstring muscle damage in 2 months ago and also neck or waist pain will be excluded from this study. (5) Intervention: each three groups will receive stretching exercises during a week 3 days per week). (6) Main outcome measure (variable): Range of motion via goniometer will be measured for each individual in the beginning ,3th and a week after 3th.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201506089440N10**  
Registration date: **2017-08-21, 1396/05/30**  
Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2017-08-21, 1396/05/30

##### Registrant information

##### Name

Soraya Pirouzi

##### Name of organization / entity

School of Rehabilitation Sciences, Shiraz University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

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##### Email address

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##### Recruitment status

**Recruitment complete**

##### Funding source

Shiraz university of medical science

##### Expected recruitment start date

2017-08-23, 1396/06/01

##### Expected recruitment end date

2017-09-05, 1396/06/14

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison of two neurodynamic sliding techniques on hamstring muscle flexibility of healthy soccer players

##### Public title

The effects of two stretch techniques on hamstring muscle flexibility

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: Men aged 17 to 35 years ;having the limitation of motion at least 15 degrees in the knee joint (90-90 degrees). Exclusion criteria: Having hamstring muscle damage in 2 months ago, having neck ,waist pain

and knee degeneration,pain while performing the technique

#### Age

From **17 years** old to **35 years** old

#### Gender

Male

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **30**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

#### Blinding (investigator's opinion)

Single blinded

#### Blinding description

#### Placebo

Not used

#### Assignment

Parallel

#### Other design features

The participants of this study will be assigned by block randomization either to control or intervention groups and they will receive one of the treatment options.They will be assessed and treated by two physical therapist.One of them who is blind to allocated treatment groups will assess the individuals and the other one will treat the individuals in both groups.

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of research in Shiraz University of Medical Science

##### Street address

Central building of Shiraz University of Medical Science, zand blvd

##### City

Shiraz

##### Postal code

#### Approval date

2016-08-23, 1395/06/02

#### Ethics committee reference number

lr.sums.rec.12288

## Health conditions studied

### 1

#### Description of health condition studied

Subjects with short muscle

#### ICD-10 code

M00-M99.M6

#### ICD-10 code description

Diseases of the musculoskeletal system and connective tissue ,Disorders of muscles,Disorders of muscle in diseases classified elsewhere,Other disorders of muscle in diseases classified elsewhere

## Primary outcomes

### 1

#### Description

Rang of motion angle

#### Timepoint

Before intervention, immediately after intervention, 3 days after intervention,a week after the third day of intervention

#### Method of measurement

In terms of degree via goniometer

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

In intervention group, individuals perform neurodynamic 1 exercises for a week and 3 days per week.

#### Category

Other

### 2

#### Description

In intervention group, individuals perform neurodynamic 2 exercises for a week and 3 days per week.

#### Category

Treatment - Drugs

### 3

#### Description

In intervention group, individuals perform stretching exercises for a week and 3 days per week.

#### Category

Treatment - Drugs

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Rehabilitation clinic of Shiraz University of Medical Science

##### Full name of responsible person

Amir Saberi

##### Street address

School of Rehabilitation, Abiverdi 1, Chamran Blvd

City  
Shiraz

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Vice chancellor for research, Shiraz University of Medical Sciences

**Full name of responsible person**

Dr. Gholamreza Hatam

**Street address**

Central building of Shiraz University of Medical science, zand blvd

**City**

Shiraz

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Vice chancellor for research, Shiraz University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

*empty*

**Domestic or foreign origin**

*empty*

**Category of foreign source of funding**

*empty*

**Country of origin**

**Type of organization providing the funding**

*empty*

## Person responsible for general inquiries

### Contact

**Name of organization / entity**

School of Rehabilitation

**Full name of responsible person**

Amir Saberi

**Position**

Student in master of sciences

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

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Ph.D of physical therapy

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## Person responsible for updating data

### Contact

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## Sharing plan

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

*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*