Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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

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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
Ir.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 goniameter

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

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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