

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)

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+98 71 1626 5108

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

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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

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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