# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

07 Nov 2026

## A Comparative Study of Maitland Mobilizations and Posterior Pelvic Tilting Exercises on Sciatica

### Protocol summary

**Study aim**
To evaluate the effects of Maitland mobilizations and posterior pelvic tilting exercises on sciatica due to lumbar spondylosis

**Design**
Single blind, parallel assigned, single centred, randomized clinical trial that will be conducted on 38 participants with diagnosed lumber spondylosis and associated sciatica, and the randomization being accomplished using simple random sampling by means of lottery method

**Settings and conduct**
DHQ hospital sheikhpura. the participants are kept anonymous for conducting the single-blind trial

**Participants/Inclusion and exclusion criteria**
Patients aged between 45-60 years, Both males and females, having lumber spondylosis and associated sciatica, lumber disk degeneration, Sciatic pain (Numeric pain rating scale from 3-7), Chronic low back pain, with straight leg raise test(SLR) positive and Confirmed degenerative changes of lumber spine on X-ray, Osteoarthritis of peripheral joints were included in the study. Patients having spondylolisthesis or spondylolysis,Tumors of spine, Spine infection, Ankylosing spondylitis, Severe cases of spinal stenosis, Fractures of spine, Having any spinal surgery, Bone conditions like osteoporosis, Osteomalacia, Blood coagulation defects, Cervical myelopathy , co morbidities like diabetes, hepatitis, Autoimmune disorders, Gout, Any neurological deficit other than sciatic, Referred visceral pain and pregnant females were excluded from the study

**Intervention groups**
Group A : Participants will receive therapeutic ultrasound over low back area then Maitland mobilizations over affected vertebrae of Lumber spine and posterior pelvic tilting exercises.Group B: Participants will receive therapeutic ultrasound over low back and posterior pelvic tilting exercises

**Main outcome variables**
sciatic pain

### General information

**Reason for update**
**Acronym**
**IRCT registration information**
IRCT registration number: **IRCT20210813052170N1**
Registration date: **2021-09-12, 1400/06/21**
Registration timing: **retrospective**

Last update: **2021-09-12, 1400/06/21**
Update count: **0**

**Registration date**
2021-09-12, 1400/06/21

**Registrant information**
**Name**
Sania Iqbal
**Name of organization / entity**
The University of Faisalabad
**Country**
Pakistan
**Phone**
+92 41 8868326
**Email address**
saniaiqbal130@gmail.com

**Recruitment status**
**Recruitment complete**
**Funding source**

**Expected recruitment start date**
2021-05-25, 1400/03/04
**Expected recruitment end date**
2021-08-05, 1400/05/14
**Actual recruitment start date**
empty
**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

A Comparative Study of Maitland Mobilizations and Posterior Pelvic Tilting Exercises on Sciatica

**Public title**

Effect of Maitland Mobilizations on Sciatica

**Purpose**

Health service research

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

Patients aged between 45-60 years Both males and females Patients of lumber spondylosis and associated sciatica Patients of lumber disk degeneration(bulging,protrusion) Sciatic pain (NPRS from 3-7) Chronic low back pain (pain persisting for more than 3 months) SLR positive Confirmed degenerative changes of lumber spine on X-ray Osteoarthritis of peripheral joints

**Exclusion criteria:**

Patients having spondylolisthesis or spondylolysis Tumors of spine Spine infected cases Patients of ankylosing spondylitis Severe cases of spinal stenosis Fractures of spine Patient having any spinal surgery Pregnant females Bone conditions like osteoporosis, osteomalacia Blood coagulation defects Cervical myelopathy Patients with co morbidities like diabetes, hepatitis Patients with autoimmune disorders like rheumatoid arthritis Gout Patients with any neurological deficit other than sciatica Patients with referred visceral pain

**Age**

From **45 years** old to **60 years** old

**Gender**

Both

**Phase**

3

**Groups that have been masked**

- Participant

**Sample size**

Target sample size: **38**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

The randomization of the participants was accomplished by using the simple random sampling. For the random allocation of the participants into groups, lottery method will be used, where the participants has equal chances of getting enrolled into any of the two groups.

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

The participants will not be aware of the study groups and this will be accomplished by keeping them anonymous for the study period

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**

Ethics and Technical Committe of The University of Faisalabad

**Street address**

University town, Sargodha road Faisalabad

**City**

Faisalabad

**Postal code**

38000

**Approval date**

2021-05-25, 1400/03/04

**Ethics committee reference number**

TUF/DR/SA/MSPP/2021/213-230

## Health conditions studied

### 1

**Description of health condition studied**

sciatica associated with lumber spondylosis

**ICD-10 code**

**ICD-10 code description**

## Primary outcomes

### 1

**Description**

sciatica

**Timepoint**

before intervention, after 2 weeks of intervention and after 4 weeks of intervention

**Method of measurement**

Visual analogue scale( VAS), straight leg raise ( SLR)

## Secondary outcomes

### 1

**Description**

Lumber disability

**Timepoint**

before intervention and 2 weeks and 4 weeks after intervention

**Method of measurement**

Roland-Morris disability questionnaire

## Intervention groups

### 1

**Description**
Intervention group: Group A ( Maitland Mobilizations combined with Posterior Pelvic Tilting Exercises)
**Category**
Treatment - Other

### 2

**Description**
Control group: Group B ( Posterior Pelvic Tilting Exercises)
**Category**
Treatment - Other

## Recruitment centers

### 1

**Recruitment center**
**Name of recruitment center**
DHQ Hospital Sheikhpura
**Full name of responsible person**
Dr. Muhammad Azhar Ameen
**Street address**
Main Sargodha road, Sheikhpura
**City**
Sheikhpura
**Postal code**
39350
**Phone**
+92 56 9200231
**Email**
info@dhqskp.punjab.gov.pk

## Sponsors / Funding sources

### 1

**Sponsor**
**Name of organization / entity**
Yasmin physiotherapy center
**Full name of responsible person**
Osama Ramzan
**Street address**
Sargodha road, near Muslim town 3 opposite KIA motors
**City**
Faisalabad
**Postal code**
38000
**Phone**
+92 41 8785675
**Email**
osamaramzan@gmail.com
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Yasmin physiotherapy center
**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**
The University of Faisalabad
**Full name of responsible person**
Sania Iqbal
**Position**
physiotherapist
**Latest degree**
Master
**Other areas of specialty/work**
Physiotherapy
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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Physiotherapist

**Latest degree**

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## Sharing plan

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

No - There is not a plan to make this available

**Justification/reason for indecision/not sharing IPD**

As we have signed and assured the participants that there data will not be shared any where else other than current study.

**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**

Not applicable

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

The primary and secondary outcome measure data will be shared and no furthur details regarding patients personal information will be provided.

**When the data will become available and for how long**

Starting in January 2022

**To whom data/document is available**

For everyone regarding field

**Under which criteria data/document could be used**

Whoever will request for the data

**From where data/document is obtainable**

Through Email adress Saniaiqbal130@gmail.com

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

An Email stating the use of data will be appreciated

**Comments**