

Effects of Post Isometric Relaxation as Compared to Post Isometric Stretching Muscle Energy Technique in the Management of Neck Pain: a Randomized Controlled Trial

NCT07328256

Status	RECRUITING
Phase	Not Applicable
Sponsor	Foundation University Islamabad
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (4)

- Both gender
- With sub-acute or chronic neck pain for at least 4 to 12 weeks
- Pain intensity on NPRS ranging 4-8
- Limitation on neck movement

Exclusion (11)

- Positive history of fracture
- Surgery in the cervical region
- Any sort of physical trauma in the cervical region in the last 12 months
- Thoracic Outlet syndrome
- Cervical radiculopathy
- ... and 6 more (see full listing online)

Locations (1 total)

Foundation University College of Physical Therapy, Islamabad, Punjab Province, Pakistan