

## Appendix C4. Characteristics of ongoing studies

[see Appendix I for Abbreviations used in the report]

<b>NCT05392049</b> [BOR-013-S]  <b>Title:</b> Effects of Bowen's Therapy and Post Isometric Relaxation Techniques in Patients of Temporomandibular Joint Disorder  <b>Country:</b> India	<b>Population:</b> Chronic MSK conditions  <b>ICD code:</b> DA0E.8 Temporomandibular joint disorder  <b>No. participants:</b> 24	<b>Inactive comparators:</b>  <b>Active comparators:</b> post isometric relaxation  <b>Outcomes:</b> pain (NPRS); functional activity (Jaw Functional Limitation Scale); range of motion (intra-oral ruler)	<b>Enrolment start:</b> 01 Jun 2022  <b>Enrolment end:</b> NR  <b>Status:</b> Not yet recruiting	<b>Study completion:</b> NR  <b>Last registry update:</b> 23 May 2022
<b>NCT05723029</b> [BOR-020-S]  <b>Title:</b> Bowen Technique and Post Isometric Relaxation in Knee Osteoarthritis Patients  <b>Country:</b> India	<b>Population:</b> Chronic MSK conditions  <b>ICD code:</b> FA01.0 Primary osteoarthritis of knee (+ hamstring tightness)  <b>No. participants:</b> 20	<b>Inactive comparators:</b>  <b>Active comparators:</b> post isometric relaxation  <b>Outcomes:</b> pain (NPRS); knee range of motion (active knee extension test, goniometer)	<b>Enrolment start:</b> 18 Jan 2023  <b>Enrolment end:</b> NR  <b>Status:</b> Completed	<b>Study completion:</b> 31-Mar-23  <b>Last registry update:</b> 18 Apr 2023
<b>NCT04852939</b> [BOR-012-S]  <b>Title:</b> Bowen's Technique in Patients With Adhesive Capsulitis  <b>Country:</b> India	<b>Population:</b> Chronic MSK conditions  <b>ICD code:</b> FB53.0 Adhesive capsulitis of shoulder  <b>No. participants:</b> 74	<b>Inactive comparators:</b>  <b>Active comparators:</b> physical therapy  <b>Outcomes:</b> pain (NPRS, SPADI-pain); function (SPADI-function); range of motion (goniometer)	<b>Enrolment start:</b> 14 Oct 2020  <b>Enrolment end:</b> NR  <b>Status:</b> Completed	<b>Study completion:</b> 10-Jul-21  <b>Last registry update:</b> 06 Aug 2021
<b>NCT04852913</b> [BOR-024-S]  <b>Title:</b> Bowen's Technique In Postural Neck Pain Among Dentist  <b>Country:</b> Pakistan	<b>Population:</b> Chronic MSK conditions  <b>ICD code:</b> ME84.0 Cervical spine pain  <b>No. participants:</b> 58	<b>Inactive comparators:</b>  <b>Active comparators:</b> conventional physical therapy (myofascial release + active RoM exercises)  <b>Outcomes:</b> pain intensity (NRS); disability (NDI); craniovertebral angle (goniometer)	<b>Enrolment start:</b> 17 Oct 2020  <b>Enrolment end:</b> 15-Jun-21  <b>Status:</b> Completed	<b>Study completion:</b> 10-Jul-21  <b>Last registry update:</b> 06 Aug 2021

<b>NCT05751070</b> [BOR-021-S] <b>Title:</b> Bowen and Graston Technique in Patients of Tension Neck Syndrome <b>Country:</b> India	<b>Population:</b> Chronic MSK conditions <b>ICD code:</b> ME84.0 Cervical spine pain (myofascial) <b>No. participants:</b> 26	<b>Inactive comparators:</b>  <b>Active comparators:</b> Graston technique <b>Outcomes:</b> pain (NPRS); disability (NDI); range of motion (goniometer)	<b>Enrolment start:</b> 16 Mar 2023 <b>Enrolment end:</b> NR <b>Status:</b> Completed	<b>Study completion:</b> 26-Dec-23 <b>Last registry update:</b> 27 Dec 2023
<b>IRCT20190717044238N7</b> [BOR-009-S] <b>Title:</b> Bowen therapy and tennis ball technique in patients with thoracic myofascial pain syndrome <b>Country:</b> Pakistan	<b>Population:</b> Chronic MSK conditions <b>ICD code:</b> ME84.1 Thoracic pain myofascial <b>No. participants:</b> 30	<b>Inactive comparators:</b>  <b>Active comparators:</b> tennis ball technique <b>Outcomes:</b> pain (NPRS); functional disability (Pain Disability Questionnaire)	<b>Enrolment start:</b> 01 Mar 2023 <b>Enrolment end:</b> 9-Jun-23 <b>Status:</b> Completed	<b>Study completion:</b> 9-Jun-23 <b>Last registry update:</b> 19 Aug 2023
<b>IRCT20230426057994N1</b> [BOR-010-S] <b>Title:</b> METS vs Bowen technique in hamstring muscle tightness <b>Country:</b> Pakistan	<b>Population:</b> Chronic MSK conditions <b>ICD code:</b> MG30.02 Chronic primary low back pain <b>No. participants:</b> 31	<b>Inactive comparators:</b>  <b>Active comparators:</b> muscle energy technique <b>Outcomes:</b> pain (NPRS); disability (Oswestri Low Back Disability Index); active knee extension test (goniometer)	<b>Enrolment start:</b> 05 Aug 2023 <b>Enrolment end:</b> 1-Dec-23 <b>Status:</b> Completed	<b>Study completion:</b> 18-Dec-23 <b>Last registry update:</b> 07 Aug 2023
<b>CTRI/2023/01/049120</b> [BOR-019-S] <b>Title:</b> Immediate effect of Bowen Technique Versus Mulligan Bent Leg Raise on pain and hamstring muscle flexibility among young boys with non-specific low back pain <b>Country:</b> India	<b>Population:</b> Chronic MSK conditions <b>ICD code:</b> MG30.02 Non-specific chronic low back pain <b>No. participants:</b> NR	<b>Inactive comparators:</b>  <b>Active comparators:</b> Mulligan Bent Leg Raise <b>Outcomes:</b> pain (NPRS); sit and reach test; popliteal angle	<b>Enrolment start:</b> 20 Jan 2023 <b>Enrolment end:</b> NR <b>Status:</b> Can't determine	<b>Study completion:</b> NR <b>Last registry update:</b> 17 Jan 2023

<b>NCT04745858</b> [BOR-011-S] <b>Title:</b> Bowen's Technique and Muscle Energy Technique on Hamstrings Tightness <b>Country:</b> India	<b>Population:</b> Chronic MSK conditions <b>ICD code:</b> MG30.02 Non-specific chronic low back pain <b>No. participants:</b> 24	<b>Inactive comparators:</b>  <b>Active comparators:</b> Muscle energy technique <b>Outcomes:</b> pain (NPRS), popliteal angle (active knee extension test), sit and reach test, active straight leg raise; range of motion (goniometer)	<b>Enrolment start:</b> 25 Jan 2021 <b>Enrolment end:</b> NR <b>Status:</b> Completed	<b>Study completion:</b> 15-Aug-21 <b>Last registry update:</b> 20 Sep 2021
<b>NCT04861129</b> [BOR-016-S] <b>Title:</b> Bowen Therapy for Chronic Non-specific Low Back Pain <b>Country:</b> Hong Kong	<b>Population:</b> Chronic MSK conditions <b>ICD code:</b> MG30.02 Non-specific chronic low back pain <b>No. participants:</b> 46	<b>Inactive comparators:</b> sham Bowen therapy <b>Active comparators:</b>  <b>Outcomes:</b> pain relief (NRS); disability (ODI); HR-QoL (SF-12); [pain] self-efficacy (Pain Self-efficacy Questionnaire)	<b>Enrolment start:</b> 19 Apr 2021 <b>Enrolment end:</b> NR <b>Status:</b> Can't determine	<b>Study completion:</b> NR <b>Last registry update:</b> 27 Apr 2021
<b>NCT05935163</b> [BOR-022-S] <b>Title:</b> Immediate Effects of Bowen Technique Versus Dynamic Soft Tissue Mobilization on Hamstrings Tightness in Chronic Non-specific Low Back Pain <b>Country:</b> Pakistan	<b>Population:</b> Chronic MSK conditions <b>ICD code:</b> MG30.02 Non-specific chronic low back pain <b>No. participants:</b> 42	<b>Inactive comparators:</b>  <b>Active comparators:</b> physical therapy + dynamic soft tissue mobilisation <b>Outcomes:</b> pain (NPRS); disability (RMDQ); knee extension test, active straight leg raise, sit-and-reach test	<b>Enrolment start:</b> 01 Jan 2023 <b>Enrolment end:</b> NR <b>Status:</b> Recruiting	<b>Study completion:</b> NR <b>Last registry update:</b> 07 Jul 2023
<b>NCT05074641</b> [BOR-017-S] <b>Title:</b> Comparison Of Direct Myofascial Release And Bowen's Technique For Non-Specific Neck Pain <b>Country:</b> India	<b>Population:</b> Chronic MSK conditions <b>ICD code:</b> MG30.02 Non-specific chronic neck pain <b>No. participants:</b> 30	<b>Inactive comparators:</b>  <b>Active comparators:</b> myofascial release <b>Outcomes:</b> pain (NPRS); disability (NDI); stress, depression and anxiety (DASS); cervical range of motion (goniometer)	<b>Enrolment start:</b> 05 Feb 2021 <b>Enrolment end:</b> NR <b>Status:</b> Completed	<b>Study completion:</b> 20-Jan-22 <b>Last registry update:</b> 02 Feb 2022

<b>NCT05125484</b> [BOR-018-S] <b>Title:</b> Comparison of Bowen's Technique and Myofascial Release Technique On Pain And Disability in Trapezitis <b>Country:</b> Pakistan	<b>Population:</b> Chronic MSK conditions <b>ICD code:</b> NA61.0 Strain or sprain of muscle, fascia or tendon at neck level (trapezitis) <b>No. participants:</b> 66	<b>Inactive comparators:</b>  <b>Active comparators:</b> myofascial release technique <b>Outcomes:</b> pain (NPRS); disability (NDI); Isometric Scapular Pinch Test, Lateral Scapular Slide Test; cervical range of motion (6 directions)	<b>Enrolment start:</b> 16 Nov 2021 <b>Enrolment end:</b> NR <b>Status:</b> Completed	<b>Study completion:</b> 1-Feb-22 <b>Last registry update:</b> 05 Apr 2022
<b>NCT05969912</b> [BOR-014-S] <b>Title:</b> Effects of Instrument Assisted Soft Tissue Mobilization and Bowen Technique in Fibromyalgia <b>Country:</b> India	<b>Population:</b> Chronic MSK conditions,Other chronic pain <b>ICD code:</b> MG30.01 Chronic widespread pain; MG30.02 Non-specific chronic low back pain <b>No. participants:</b> 32	<b>Inactive comparators:</b>  <b>Active comparators:</b> Graston technique (instrument-assisted soft tissue mobilisation) <b>Outcomes:</b> pain (NPRS); depression (CUDOS); quality of life (Fibromyalgia Impact Questionnaire); range of motion (bubble inclinometer)	<b>Enrolment start:</b> 30 Aug 2023 <b>Enrolment end:</b> 30-Mar-24 <b>Status:</b> Recruiting	<b>Study completion:</b> NR <b>Last registry update:</b> 05 Sep 2023
<b>CTRI/2020/04/024551 [Ughreja 2023]</b> [BOR-008-S] <b>Title:</b> Effect of exercises on sleep in fibromyalgia syndrome  Ughreja RA, Venkatesan P, Gopalakrishna DB, Singh YP. Effectiveness of Craniosacral therapy, Bowen therapy, static touch, and standard exercise program on sleep quality in fibromyalgia syndrome: A protocol for a randomized controlled trial. European Journal of Integrative Medicine. 2023;60:102254. <b>Country:</b> India	<b>Population:</b> Other chronic pain <b>ICD code:</b> MG30.01 Chronic widespread pain <b>No. participants:</b> 132	<b>Inactive comparators:</b>  <b>Active comparators:</b> craniosacral therapy; static touch; standard exercise program <b>Outcomes:</b> sleep quality (PSQI); quality of life (Revised Fibromyalgia Impact Questionnaire); fatigue (MAF); physical function (PROMIS-Physical Function-SF); pressure pain threshold (algometer)	<b>Enrolment start:</b> 01 Jul 2020 <b>Enrolment end:</b> Feb-23 <b>Status:</b> Can't determine	<b>Study completion:</b> NR <b>Last registry update:</b>

<b>NCT04554784</b> [BOR-015-S]	<b>Population:</b> Other chronic pain	<b>Inactive comparators:</b>	<b>Enrolment start:</b> 06 Sep 2020	<b>Study completion:</b> NR
<b>Title:</b> Effectiveness of Bowen Therapy for Pain Management in Patients With Fibromyalgia	<b>ICD code:</b> MG30.01 Chronic widespread pain	<b>Active comparators:</b> conventional treatments	<b>Enrolment end:</b> 6-Dec-22	<b>Last registry update:</b> 16 Feb 2022
<b>Country:</b> Hong Kong	<b>No. participants:</b> 80	<b>Outcomes:</b> pain (NRS, BPI-SF); anxiety and depression (HADS); sleep (JSEQ); health-related quality of life (SF-36); lower and upper extremity strength (endurance strength test)	<b>Status:</b> Can't determine	