Assess for eligibility

Post – test (Immediate effects)   
After completing the treatment session

Receive the one session of TTM for  
30 minutes

and hot pack treatment

Baseline assessment

Randomized with stratified block randomized allocation   
(block sizes 4 and 6)

mART group  
(n = 35)

TTM group  
(n = 35)

Receive the one session of mART for 30 minutes

and hot pack treatment

Analyzed   
(n= 35)

Analyzed   
(n= 35)

and hot pack treatment

Completion of research protocol   
(n= 35)

and hot pack treatment

Completion of research protocol   
(n= 35)

and hot pack treatment

**Figure 1** Participants flow chart