

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Effect of Action Potential Simulation and Vibration in Reducing Neck and Shoulder Pain and Disability in Subjects with Trapezius and Levator Scapula Muscles Trigger Points

Protocol summary

Summary

This study aimed to compare the effects of action potential simulation with vibration in reducing neck and shoulder pain and disability in subjects with trapezius and levator scapula muscles trigger points. This randomized controlled trial was performed in Zahedan University of Medical Sciences, in 2009. Thirty patients with trigger points in upper trapezius and levator scapula were recruited through simple non probability sampling. Patients were selected based on following inclusion criteria: Participants aged between 18 till 25 years old, patients diagnosed with trigger point in trapezius and levator scapula muscles, patients who have been muscle pain without neurological sign as chief complaint, no history of respiratory diseases, surgery, and neck & thoracic spine structural disorders. Patients were excluded if they had insufficient treatment, using other therapeutic modalities during the study, trauma, and doing surgery during the study. Patients were randomly assigned to either a vibration group (N=15) or an action potential simulation group (N=15). Before and after treatment, we assessed neck disability with Neck Disability Index, neck pain with Visual Analogue Scale, shoulder pain and disability with Shoulder Pain and Disability Index and cervical range of motion with specific neck goniometer. In vibration group, we used vibrator with moderate pressure and low frequency, 2500 cycle per minute and for 30 minutes per session. In action potential simulation group, action potential simulation was applied with intensity of 1mA, 150 Hz frequency, for 16 minutes per session.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201109221675N8**

Registration date: **2011-11-22, 1390/09/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-11-22, 1390/09/01

Registrant information

Name

Asghar Akbari

Name of organization / entity

Zahedan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Zahedan University of Medical Sciences

Expected recruitment start date

2009-05-31, 1388/03/10

Expected recruitment end date

2009-12-31, 1388/10/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Action Potential Simulation and Vibration in

Reducing Neck and Shoulder Pain and Disability in
Subjects with Trapezius and Levator Scapula Muscles
Trigger Points

Public title

The Effect of Action Potential Simulation and Vibration in
Reducing Neck and Shoulder Pain and Disability in
Subjects with Trapezius and Levator Scapula Muscles
Trigger Points

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Age between 18 and 25 years old;
Patients diagnosed with trigger point in trapezius and
levator scapula muscles; Patients who have been muscle
pain without neurological sign as chief complaint; No
history of respiratory diseases; Surgery, and neck &
thoracic spine structural disorders. Exclusion criteria:
Insufficient treatment; Using other therapeutic modalities
during the study; Trauma; and doing surgery during the
study.

Age

From **18 years** old to **25 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

1

Registry name

No registration

Secondary trial Id

No trial id

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of University of Sistan and

Baluchestan

Street address

Daneshgah Blvd., University of Sistan and
Baluchestan

City

Zahedan

Postal code

987-98155

Approval date

2011-10-22, 1390/07/30

Ethics committee reference number

902.2.232

Health conditions studied

1

Description of health condition studied

Subjects with Trigger Points in Upper Trapezius and
Levator Scapula Muscles

ICD-10 code

M62

ICD-10 code description

Other soft tissue disorders

Primary outcomes

1

Description

Neck pain

Timepoint

Before intervention, 4 weeks after intervention

Method of measurement

Visuale Analogue Scale

2

Description

Neck disability

Timepoint

Before intervention, 4 weeks after intervention

Method of measurement

Neck Disability Index

3

Description

Shoulder pain and disability

Timepoint

Before intervention, 4 weeks after intervention

Method of measurement

Shoulder Pain and Disability Index

4

Description

Cervical range of motion

Timepoint

Before intervention, 4 weeks after intervention

Method of measurement

Specific neck goniometer

Secondary outcomes

empty

Intervention groups

1

Description

Vibration Group: We used vibrator with moderate pressure and low frequency, 2500 cycle per minute and for 30 minutes per session. A 16 session's treatment program which lasted 4 weeks and 4 sessions per week was performed.

Category

Rehabilitation

2

Description

Action Potential Simulation Group: We applied action potential simulation with intensity of 1mA, 150 Hz frequency, for 16 minutes per session. A 16 session's treatment program which lasted 4 weeks and 4 sessions per week was performed.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Razmejo-Moghadam Physiotherapy Clinic

Full name of responsible person

Dr. Asghar Akbari

Street address

Dept. of Physiotherapy, School of Rehabilitation Sciences, Razmejo-Moghadam Laboratory, Ayatoallah Kafami St.

City

Zahedan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research of Zahedan University of Medical Sciences

Full name of responsible person

Dr. Hamidreza Mahmoudzadeh Sagheb

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Deputy Of Research, Zahedan University of Medical Sciences, Jannat Blvd., Dr. Hesabi Sq., Zahedan.

City

Zahedan

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 of Zahedan 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

Zahedan University of Medical Sciences

Full name of responsible person

Dr.Asghar Akbari

Position

Ph.D in Physiotherapy, Head of Dept. of Physiotherapy.

Other areas of specialty/work

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Position

Head of Dept. of Physiotherapy, Ph.D in Physiotherapy

Other areas of specialty/work

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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