

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

Comparing the effect of acupuncture and medical treatment on subjective symptoms and Electromyography/Nerve Conduction Velocity (EMG/NCV) change in patients with cervical disk herniation

Protocol summary

Summary

Objectives: in this study, we try to compare the effect of acupuncture and medical treatment on the clinical symptoms and Electromyography/Nerve Conduction Velocity (EMG/NCV) changes in patients with cervical disc herniation referring to Imam Reza Hospital. **Design:** in this interventional study, 90 patients with clinical diagnosis of cervical disc herniation by a rheumatologist are randomly assigned to either the "acupuncture" or "medical treatment" and "Sham acupuncture" groups. **Setting and conduct:** Before the study starts, both groups fill a clinical symptoms questionnaire and accordingly are evaluated by electro-diagnostic tests. Patients in the medical group perform four different types of isometric exercises and receive two tablets of Celebrex 100mg daily divided in morning and night for one month. The acupuncture groups are referred to an acupuncture specialist to receive acupuncture treatment for one month. **Participants including major eligibility criteria:** over 20 yrs of age; confirmed diagnosis of cervical disc herniation; willing to participate in the study. **Interventions:** Acupuncture treatment is given 3 times a week (12 sessions) and each session is 30 minutes. **Needle insertion points** are fixed in all sessions. After the treatment ends, questionnaires are filled by patients again. **Main outcome measures variables:** three months after the end of treatment, patients refer to clinic in order to fill the questionnaire and to be evaluated both for clinical symptoms (neck, shoulder and arm pain, tingling, and numbness) and EMG/NCV changes.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015070311912N4**
Registration date: **2015-11-13, 1394/08/22**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-11-13, 1394/08/22

Registrant information

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Name of organization / entity

Mashhad University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Mashhad University of Medical Sciences

Expected recruitment start date

2013-08-23, 1392/06/01

Expected recruitment end date

2016-03-10, 1394/12/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of acupuncture and medical treatment on subjective symptoms and

Electromyography/Nerve Conduction Velocity (EMG/NCV) change in patients with cervical disk herniation		City	Mashhad
Public title		Postal code	
Comparing the effect of acupuncture and medical treatment on subjective symptoms and neuromuscular electrophysiologic changes in patients with cervical disk herniation		Approval date	2013-04-13, 1392/01/24
Purpose		Ethics committee reference number	IR.MUMS.REC.1392.21
Treatment		Health conditions studied	
Inclusion/Exclusion criteria		<u>1</u>	
Major eligibility criteria: age older than 20 years old; confirmed diagnosis of cervical disc herniation; willing to participate in the study. Major exclusion criteria: polyneuritis or lesions of the cervical radiculopathy; hypothyroidism; multiple myeloma; amyloidosis; inability to perform daily functions individually; previous acupuncture treatment or surgery for cervical disc herniation; insulin dependent diabetes; pregnancy or less than 3 month post partum; epilepsy; cardiovascular disease; history of gastrointestinal disease and intolerance for NSAIDS; history of warfarin or heparin consumption or a hemorrhagic disease; definite indication for surgery based on rheumatologic consult and red and yellow flags.		Description of health condition studied	Cervical disc herniation
Age		ICD-10 code	M50
From 20 years old		ICD-10 code description	Cervical disc disorders
Gender		Primary outcomes	
Both		<u>1</u>	
Phase		Description	Changes in electrodiagnostic tests (CMAP, DML, DSL, MNCV)
2-3		Timepoint	Three months after the intervention
Groups that have been masked		Method of measurement	Repeating the mentioned tests
No information		Secondary outcomes	
Sample size		<u>1</u>	
Target sample size: 90		Description	Clinical symptoms (neck, shoulder or arm pain, numbness and tingling)
Randomization (investigator's opinion)		Timepoint	Three months after the end of intervention
Randomized		Method of measurement	Questionnaire
Randomization description		Intervention groups	
Blinding (investigator's opinion)		<u>1</u>	
Not blinded		Description	Intervention: acupuncture with 0.25*40 mm size needles on 20 acupoints , 3 times a week, each session 30 min for one month.
Blinding description		Category	Other
Placebo		<u>2</u>	
Used		Description	Control group: four different types of isometric exercises plus 100 mg Celebrex tablets, twice daily (morning and night)
Assignment		Category	
Parallel			
Other design features			
Secondary Ids			
empty			
Ethics committees			
<u>1</u>			
Ethics committee			
Name of ethics committee			
Ethics Committee of Mashhad University of Medical Sciences			
Street address			
Deputy of Research, GHoreyshi building, Daneshgah St.,			

Recruitment centers

1

Recruitment center

Name of recruitment center

Electrodiagnostics clinic and acupuncture clinic of
Imam Reza Hospital,

Full name of responsible person

Hosein Hasanabadi

Street address

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research, Mashhad University of
Medical Sciences

Full name of responsible person

Mina Ramezani

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Ghoreyshi Building, Daneshgah St.

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Mashhad

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, Mashhad 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

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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