

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

Comparison of the Effect of Cupping Therapy and Acupressure In BL 23 Point on Postpartum Low Back and Perineal Pain (LBPP) in Primiparous Women with Mild to Moderate Anxiety, Referred to Selected Medical-educational Centers of Shiraz University of Medical Sciences, in 2012

Protocol summary

Summary

1) Objectives: This randomized clinical trial study has been carried on 150 primi-parous women with mild to moderate anxiety who referred to selected medical-educational centers (of Hafez & Shooshtari Hospitals) of Shiraz University of Medical Sciences, comprising the effects of cupping therapy and acupressure In BL 23 Point on postpartum low back and perineal pain (LBPP). 2) Design: After informed consent, eligible patients were randomly assigned in to three groups: Cupping therapy, acupressure and control. As control group performance has not been observed by the researcher, she is allowed to use Acetaminophen.) 3) Setting and conduct: In the 1st interventional group, cupping therapy was done in at least 4 to 8 hours after childbirth in their postpartum part for every other day and four times a week (15-20 minutes per time). In the 2nd group, the researcher presses BL23 acupoint on both sides of the backbone symmetrically, for 20 minutes. Two times of interventions is done inpatient and last outpatient. 4)Participants) Inclusion criteria: 1) 18 - 40 years old; 2) Graduate School at least; 3) Lacking any of overt & Serious psycho-somatic diseases during the study such as: vertebral fractures, herniated disk, acute inflammation, deep vein thrombosis; 4) Mild to moderate anxiety; 5) Residents of shiraz; 6) Willingness to participate in research and complete consent form; 7) Low back pain only results from lordosis of pregnancy and childbirth deteriorating by fetous weight and position or labour in some mothers. Exclusion criteria: 1) Medical and obstetric complications in the postpartum during the study; 2) Not lookup for following at certain appointments; 3) Asking for exclusion; 4) Using of drugs for pain relief. 5) Intervention: Cupping therapy - acupressure 6) Main outcome measures variables): Patients filled out the VAS & Mc-Gill questionnaires as

self-reports, in phases of once before, once immediately after, once 24 hours after and once 2 weeks after treatments.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012123011944N1**

Registration date: **2013-07-17, 1392/04/26**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-07-17, 1392/04/26

Registrant information

Name

Mehrnoush Ghaemmaghami

Name of organization / entity

Faculty of Arak University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shiraz University of Medical Sciences

Expected recruitment start date

2013-01-09, 1391/10/20

Expected recruitment end date

2013-02-08, 1391/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Effect of Cupping Therapy and Acupressure In BL 23 Point on Postpartum Low Back and Perineal Pain (LBPP) in Primiparous Women with Mild to Moderate Anxiety, Referred to Selected Medical-educational Centers of Shiraz University of Medical Sciences, in 2012

Public title

The Effect of Cupping Therapy and Acupressure on Postpartum Low Back and Perineal Pain

Purpose

Treatment

Inclusion/Exclusion criteria

Main inclusion criteria to study: 1) 18 - 40 years old; 2) Graduate School at least; 3) Lacking any of overt & Serious psycho-somatic diseases during the study such as: vertebral fractures, herniated disk, acute inflammation, deep vein thrombosis; 4) Mild to moderate anxiety; 5) Residents of Shiraz; 6) Willingness to participate in research and complete consent form; 7) Low back pain only results from lordosis of pregnancy and childbirth deteriorating by fetous weight and position or labour in some mothers. Main exclusion criteria from study: 1) Medical and obstetric complications in the postpartum during the study; 2) Not lookup for following at certain appointments; 3) Asking for exclusion; 4) Using of drugs for pain relief.

AgeFrom **18 years** old to **40 years** old**Gender**

Female

Phase

2

Groups that have been masked*No information***Sample size**Target sample size: **150****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**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Shiraz University of Medical Sciences Ethics Committee

Street address

7th floor, Central Building of Shiraz University of Medical Sciences, Zand Street, Shiraz, Fars Province, Iran, 1978 -71345

City

Shiraz

Postal code

1978 -71345

Approval date

2012-11-26, 1391/09/06

Ethics committee reference number

CT-91-6341

Health conditions studied**1****Description of health condition studied**

low back pain

ICD-10 code

M54.5

ICD-10 code description

low back pain

2**Description of health condition studied**

perineal pain

ICD-10 code

R10.2

ICD-10 code description

perineal pain

Primary outcomes**1****Description**

low back pain

Timepoint

4-8 hours at least after childbirth

Method of measurement

VAS & Mc-Gill pain questionnaires

2**Description**

perineal pain

Timepoint

4-8 hours at least after childbirth

Method of measurement

VAS & Mc-Gill pain questionnaires

Secondary outcomes

empty

Intervention groups

1

Description

In the 1st interventional group, cupping therapy is done in at least 4 to 8 hours of childbirth in their postpartum part for every other day and four times a week (15-20 minutes per time); 2 times of interventions were done inpatient and the last outpatient. In this study cupping is done in the mode of dry and hot blazing cotton dipped in alcohol inside the cup and warming it and right after, laying it on the surface of the patient's body. It is possible to apply cupping on BL23 for both low back and perineal pain.

Category

Treatment - Other

2

Description

In the 2nd group, researcher symmetrically presses BL23 acupoint on both sides of the backbone, by thumb finger for 5 minutes clockwise and 5 minutes counterclockwise. It lasts 20 minutes per-time. Two times of interventions are done inpatient and the last outpatient.

Category

Treatment - Other

3

Description

As control group performance has not been observed by the researcher, she is not allowed to use Acetaminophen. Finally the both types of treatments are presented to the patients through instructional classes or pamphlets.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Hafez Hospital

Full name of responsible person

Mohammadali Tadayon

Street address

Martyr Chamran Blvd, Shiraz, Fars

City

Shiraz

2

Recruitment center

Name of recruitment center

Shooshtari Hospital

Full name of responsible person

Andisheh Jorkesh

Street address

Bascul Nader- Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Shiraz University of Medical Sciences

Full name of responsible person

Dr. Gholamreza Hatam

Street address

7th floor, Central Building of Shiraz University of Medical Sciences, Zand Street, Shiraz, Fars Province, Iran

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Shiraz

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, Shiraz 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

Shiraz University of Medical Sciences

Full name of responsible person

Marzieh Akbarzadeh

Position

Master of Midwifery

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