

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Efficacy of Tendon/Nerve gliding exercises in management of carpal tunnel syndrome and electrodiagnostic evaluation

Protocol summary

Summary

The aim of this study is to evaluate the efficacy of tendon/nerve gliding exercises in conservative management of carpal tunnel syndrome (CTS). 40 hands with clinical and electrodiagnostic diagnosis of mild to moderate CTS will be enrolled in the study. Patients will be randomly divided into 2 groups: control and experimental groups. Patients in control group will receive only standard treatment of CTS (static wrist splint in neutral wrist joint position). Patients in experimental group will receive tendon/nerve gliding exercises as well as standard treatment of CTS. At baseline and 6 weeks later patients are going to be evaluated in regard of pain intensity, physical examination findings, electrodiagnostic findings, and functional status.

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2012-12-31, 1391/10/11

Expected recruitment end date

2013-04-30, 1392/02/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013092612450N1**

Registration date: **2014-03-17, 1392/12/26**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-03-17, 1392/12/26

Registrant information

Name

Aref Nasiri Sheikhdarabadi

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

Scientific title

Efficacy of Tendon/Nerve gliding exercises in management of carpal tunnel syndrome and electrodiagnostic evaluation

Public title

Tendon/Nerve gliding exercises in carpal tunnel syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: patients with clinical signs and symptoms of CTS who confirmed to have mild to moderate CTS by electrodiagnostic criteria were included in the study. Exclusion criteria: 1-patients with secondary CTS (those having diabetes, rheumatoid arthritis or other joint diseases, trauma, metabolic disorders); 2- patients with joints disorder; 3-patients with severe CTS and muscular atrophy; 4-patients with history of carpal tunnel release surgery; 5-extremes of ages (children and elderly); 6-patients with signs of upper motor neuron diseases or peripheral neuropathy

Age

From **16 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences

Street address

Zand street Shiraz Fars Iran, Islamic Republic Of

City

Shiraz

Postal code

Approval date

2013-02-12, 1391/11/24

Ethics committee reference number

CT-P-91-4618

Health conditions studied

1

Description of health condition studied

Carpal tunnel syndrome

ICD-10 code

G56.0

ICD-10 code description

Carpal tunnel syndrome

Primary outcomes

1

Description

functional status of hand

Timepoint

Six weeks after beginning of treatment

Method of measurement

Boston Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Control: Static wrist splint set in neutral wrist joint position

Category

Treatment - Devices

2

Description

Experimental group: tendon-gliding exercises, the fingers are placed in 5 different positions including straight, hook, fist, table top, and straight fist. Median nerve-gliding exercise, the median nerve is mobilized by putting the hand and wrist in 6 discrete positions. Each position was maintained for 5 seconds. The exercises were applied as 3 sessions daily. Each exercise was repeated 10 times at each session.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Physical medicine and rehabilitation clinic of shahid chamran hospital.

Full name of responsible person

Street address

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

Hatam Gholamreza, Vice chancellor for Research of Shiraz University of medical sciences

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Zand street, Central Building of Shiraz University of Medical Sciences Shiraz Fars Iran, Islamic Republic Of

City

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
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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