Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Evaluation of the efficacy of behavioral remodeling for treatment of resistant pes anserine tendino-bursitis

Protocol summary

Summary

Evaluation of the efficacy of behavioral remodeling for treatment of resistant pes anserine tendino-bursitis This study is a monocentric, randomized (Packed envelope method), controlled clinical trial. Target sample size: 60 patients with PATB who consult to rheumatologist Inclusion criteria: 50 to 60 years old females with resistant PATB, BMI=25-30 kg/m2 exclusion criteria : patients with heart diseases, DM, HTN, peptic or duodenal ulcer, cancer, hepatic or renal disorders, analgesic drugs intolerance, history of knee surgery or RA or trauma , previous treatment of PATB during last year In intervention and control group, in addition to receive naproxen (500 mg q 12 hrs) or diclofenac (75 mg per day) and pantoprazole (40 mg per day) for 2 weeks, weight loss, avoid to kneeling down and sitting crossed leg, quadriceps muscle strengthening which is same as control group, training about manner of getting up will done, so when patient gets up tibia bone is in neutral position and is not in external rotation position. The control group is not taught how to get up.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017031112823N4**
Registration date: **2017-08-22, 1396/05/31**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-08-22, 1396/05/31

Registrant information

Name

Jamileh Moghimi

Name of organization / entity

Semnan University of Medical Science

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Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences

Expected recruitment start date

2017-07-23, 1396/05/01

Expected recruitment end date

2017-08-23, 1396/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of the efficacy of behavioral remodeling for treatment of resistant pes anserine tendino-bursitis

Public title

Evaluation of the efficacy of behavioral remodeling for treatment of resistant pes anserine tendino-bursitis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 50 to 60 years old female with BMI=25 - 30 kg/m2 Exclusion criteria : Patient with cardiac disease, Diabetes, HTN , Peptic ulcer and duodenal ulcer, Cancer , Hepatic and Renal disorder , analgesic drugs intolerance , previous knee surgery or trauma or RA and previous treatment of PATB during last year

Age

From **50 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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

Ethics committee of Semnan University of Medical Sciences

Street address

Semnan University of Medical Sciences, Basij Blvd, Semnan

City

Semnan

Postal code

3514799442

Approval date

2017-03-02, 1395/12/12

Ethics committee reference number

IR.SEMUMS.REC.1395.220

Health conditions studied

1

Description of health condition studied

Pes anserine bursitis

ICD-10 code

M70.5

ICD-10 code description

Other bursitis of knee

Primary outcomes

1

Description

Severity of pain

Timepoint

Befor intervantion , 2 months after intervention

Method of measurement

Visual analog scale

Secondary outcomes

1

Description

Body mass index

Timepoint

Befor intervantion , 2 months after intervention

Method of measurement

weight/(height)2

Intervention groups

1

Description

In intervention group, in addition to receive naproxen (500 mg q 12 hrs) or diclofenac (75 mg per day) and pantoprazole (40 mg per day) for 2 weeks, weight loss, avoid to kneeling down and sitting crossed leg, quadriceps muscle strengthening which is same as control group, training about manner of getting up will done, so when patient gets up tibia bone is in neutral position and is not in external rotation position. Patient will be asked to do this training for 8 weeks and also companion of patient will be asked to observe the patient. The researcher will follow the patients by call them every other day.

Category

Behavior

2

Description

In control group, patients receive naproxen (500 mg q 12 hrs) or diclofenac (75 mg per day) and pantoprazole (40 mg per day) for 2 weeks, weight loss, avoid to kneeling down and sitting crossed leg, quadriceps muscle strengthening. There is no behavioral training in this group.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Personal office

Full name of responsible person

Jamileh Moghimi

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2nd floor, Sadaf complexes, Saadi Square, Semnan.

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Semnan University of Medical Sciences, Vice Chancellor for Research and Technology
Full name of responsible person
Ali Rashidy-Pour
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Semnan University of Medical Sciences, Deputy of Research and Technology, Basij Blvd, Semnan
City
Semnan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Semnan University of Medical Sciences, Vice Chancellor for Research and Technology
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

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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