

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of releasing trigger points on the neck in patients with tension type headache on position sense of elbow joint

Protocol summary

Summary

Objective: The aim of this study is to evaluate the effect of releasing trigger points on the neck in patients with tension type headache on position sense of elbow joint. Design of study: 25 patients with tension type headache will participate in this study and they will be evaluated before and after intervention. Inclusion criteria: Patients with tension type headache and any trigger points in posterior cervical muscles will include to the study. Exclusion criteria: Patients with cervical disk herniation, Vertigo, Patients who use anti anxiety and anti depressant drugs, Pregnant patients will exclude from the study. Intervention: 25 patients will enter to post isometric contraction technique. Then, headache frequency and intensity, elbow joint position sense will be evaluated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013110413651N3**

Registration date: **2015-09-24, 1394/07/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-09-24, 1394/07/02

Registrant information

Name

Ali Barzegar

Name of organization / entity

Yazd University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-09-06, 1393/06/15

Expected recruitment end date

2014-11-06, 1393/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of releasing trigger points on the neck in patients with tension type headache on position sense of elbow joint

Public title

Headache and effects of massage on it

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Exist tension type headache; Trigger point in posterior cervical muscles; Informed consent persons. Exclusion criteria: Exist cervical disk herniation; Vertigo; Usage of anti anxiety and anti depressant drugs; Pregnancy

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 25

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

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

Central Building of Shiraz University of Medical Sciences, Zand street, Shiraz

City

Shiraz

Postal code

Approval date

2015-08-02, 1394/05/11

Ethics committee reference number

IR.SUMS.REC.1394.86

Health conditions studied

1

Description of health condition studied

Tension type headache

ICD-10 code

G44.2

ICD-10 code description

Chronic Tension-type headache Episodic tension headache Tension headache NOS

Primary outcomes

1

Description

Headache frequency

Timepoint

Before & after intervention, 2 weeks after last intervention

Method of measurement

Daily headache diary

2

Description

Headache intensity

Timepoint

Before & after intervention, 2 weeks after last intervention

Method of measurement

Daily headache diary

3

Description

Elbow joint position sense

Timepoint

Before & after intervention, 2 weeks after last intervention

Method of measurement

By Biodex Dynamometer based on degrees

Secondary outcomes

empty

Intervention groups

1

Description

Participants are initially evaluate in terms of pain and elbow joint position sense. then, by post isometric relaxation in 6 sessions over 2 weeks of treatment again participants are evaluate.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Emam Reza clinics

Full name of responsible person

Dr petramfar

Street address

Emam Reza clinics, Zand Street, Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr.Hashemi

Street address

Central Building of Shiraz University of Medical Sciences ,Zand Street ,Shiraz

City
Shiraz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
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
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Position
Master Science of Physical Therapy

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