

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

The effect of trigger point release of patients with tension type headache on reduction of pain and grip force and grip endurance

Protocol summary

Summary

Objective: the effect of trigger point release of patients with tension type headache on reduction of pain and grip force and grip endurance. Inclusion criteria: trigger points, nausea, vomiting and photophobia during attacks. Exclusion criteria: anti-anxiety and anti-depression drugs, upper extremity and spinal injuries during the past year, paresthesia and neurological symptoms. population and sample size: 28 patients with tension type headache (men and women). Interventions: Treatment phase starts in 6 sessions in 2 weeks. In each session one hot pack used for neck muscles for 10 min afterwards, post isometric relaxation technique used for muscles with trigger points. this technique is associated with eye movements and breathing pattern. During contraction, breathe out and look for the contraction and at rest, exhale done and look for opposite side. Contraction repeat 5-3 for each session 10 seconds. Measurement: measured grip strength and endurance before and after interventions using dynamometer. measured pain before and after interventions using Visual Analog Scale

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014103115272N2**

Registration date: **2014-12-06, 1393/09/15**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-12-06, 1393/09/15

Registrant information

Name

Seyyede Elham Nouredini Fard

Name of organization / entity

Shiraz 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

2013-08-22, 1392/05/31

Expected recruitment end date

2013-11-05, 1392/08/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of trigger point release of patients with tension type headache on reduction of pain and grip force and grip endurance

Public title

The effect of massage technique on pain and grip strength in patients with tension type headache

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: trigger points, nausea, vomiting and photophobia during attacks. Exclusion criteria: anti-anxiety and anti-depression drugs, upper extremity and spinal injuries during the past year, paresthesia and neurological symptoms

Age

From **15 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **28**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Used

Assignment

Single

Other design features**Secondary Ids**

empty

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

Shiraz University of Medical Sciences

Street address

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

City

Shiraz

Postal code**Approval date**

2014-07-15, 1393/04/24

Ethics committee reference number

ct-p-9357-5887

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

Tension type headache

ICD-10 code

G44.2

ICD-10 code description

Tension-type headache

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

grip strength

Timepoint

before intervention, after intervention

Method of measurement

using dynamometer

2**Description**

grip endurance

Timepoint

before intervention, after intervention

Method of measurement

using dynamometer

3**Description**

pain

Timepoint

before intervention, after intervention

Method of measurement

using Visual Analog Scale(VAS)

Secondary outcomes

empty

Intervention groups**1****Description**

Using a hot pack for 10 min

Category

Treatment - Other

2**Description**

Post isometric relaxation technique used for muscles with trigger points. this technique is associated with eye movements and breathing pattern. During contraction, breathe out and look for the contraction and at rest, exhale done and look for opposite side. afterwards, examiner Put muscle in an elongated

Category

Treatment - Devices

Recruitment centers**1****Recruitment center****Name of recruitment center**

Shiraz University of Medical Sciences

Full name of responsible person

Seyyede Elham Nouredini

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NO.32, Abiverdi 1 Avenue, Chamran Blvd, Shiraz

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

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

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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**

Rehabilitation Collage of Shiraz Medical Sciences University

Full name of responsible person

Seyyede Elham Nouredini Fard

Position

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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