

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

07 Jul 2026

### Comparison of two-drug regimen of Glucosamine sulfate and Prednisolone with one-drug regimen of Glucosamine sulfate in treatment of knee osteoarthritis

#### Protocol summary

##### Summary

Objective: This study was conducted to compare the clinical efficacy of two-drug regimen of glucosamine and prednisolone with one-drug regimen of glucosamine in treatment of knee osteoarthritis. Methods: In this randomized clinical trial, 30 patients received glucosamine and prednisolone (case group) and 25 cases underwent treatment by only glucosamine (control group) for 12 weeks. Inclusion criteria: Chronic pain due to osteoarthritis, Knee cryptation, osteophytes and subchondral sclerosis in radiography, Normal CRP and ESR Exclusion criteria: treatment with NSAIDs, history of trauma, other rheumatologic disorders, diabetes, Hypertension, Knee replacement, immuno depressant. To assess pain and disability, WOMAC (Western Ontario and McMaster Universities) was used.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT138803242032N1**

Registration date: **2010-11-08, 1389/08/17**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2010-11-08, 1389/08/17

##### Registrant information

###### Name

Farhad Pourfarzi

###### Name of organization / entity

Ardabil University of Medical Sciences

###### Country

Iran (Islamic Republic of)

##### Phone

+98 45 3325 9011

##### Email address

f.pourfarzi@arums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

private

##### Expected recruitment start date

2009-03-21, 1388/01/01

##### Expected recruitment end date

2009-09-21, 1388/06/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison of two-drug regimen of Glucosamine sulfate and Prednisolone with one-drug regimen of Glucosamine sulfate in treatment of knee osteoarthritis

##### Public title

Comparison of two-drug regimen of Glucosamine sulfate and Prednisolone with one-drug regimen of Glucosamine sulfate in treatment of knee osteoarthritis

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: Chronic pain due to osteoarthritis, Knee cryptation, osteophytes and subchondral sclerosis in radiography, Normal CRP and ESR Exclusion criteria: treatment with NSAIDs, history of trauma, other rheumatologic disorders, diabetes, Hypertension, Knee replacement, immuno depressant

##### Age

From **45 years** old to **84 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **55**

**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**

Ardabil University of Medical Sciences

**Street address**

Ardabil - Ardabil University of Medical Sciences

**City**

Ardabil

**Postal code**

**Approval date**

empty

**Ethics committee reference number**

6586

**Health conditions studied**

1

**Description of health condition studied**

Osteoarthritis

**ICD-10 code**

M19.9

**ICD-10 code description**

Arthrosis, unspecified

**Primary outcomes**

1

**Description**

pain

**Timepoint**

week 6 and 12

**Method of measurement**

WOMAC

**Secondary outcomes**

1

**Description**

Movement limitation

**Timepoint**

week 6 and 12

**Method of measurement**

WOMAC

**Intervention groups**

1

**Description**

glucosamine and prednisolone (case group)

**Category**

Treatment - Drugs

2

**Description**

only glucosamine (control group)

**Category**

Treatment - Drugs

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

Ardabil Imam khomeini hospital

**Full name of responsible person**

Farhad Pourfarzi

**Street address**

**City**

Ardabil

**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**

Ardabil University of Medical Sciences

**Full name of responsible person**

Mehrdad Mirza Rahimi

**Street address**

Ardabil - Ardabil University of Medical Sciences

**City**

Ardabil

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**  
Ardabil 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*

Academic member, Assistant professor  
**Other areas of specialty/work**  
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f.pourfarzi@arums.ac.ir  
**Web page address**

## Person responsible for general inquiries

**Contact**  
**Name of organization / entity**  
Ardabil University of Medical Sciences  
**Full name of responsible person**  
Farhad Pourfarzi  
**Position**  
Academic member, Assistant professor  
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## Person responsible for scientific inquiries

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**Full name of responsible person**  
Farhad Pourfarzi  
**Position**

## Person responsible for updating data

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**Other areas of specialty/work**  
**Street address**  
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**Postal code**  
**Phone**  
**Fax**  
**Email**  
**Web page address**

## 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*