

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

05 Jul 2026

### The effect of releasing trigger points of the neck( Post isometric relaxation) in patients with tension type headache on balance and pain

#### Protocol summary

##### Summary

Objective: To evaluate the effect of releasing of the cervical trigger points on the balance and pain of patients with tension type headache. Design of study: Thirty patients with tension type headache participated in this study they were evaluated before and after intervention for balance and pain. Inclusion criteria: Patient had trigger points and headache more than 15 per month for at least 3 months. Exclusion criteria: Any brain injury; Vertigo; tingling or vestibular disorder. Intervention: patient would be evaluated by STAR execution test along with Visual analog scale for balance and pain tests. The intervention contains treatment of trigger points by Post isometric relaxation technique for six sessions.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014072618604N1**

Registration date: **2014-12-02, 1393/09/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-12-02, 1393/09/11

##### Registrant information

###### Name

Negar Azhdari

###### Name of organization / entity

Shiraz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 3832 2154

##### Email address

azhdari\_n@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for research of Shiraz University of Medical Sciences

##### Expected recruitment start date

2013-06-09, 1392/03/19

##### Expected recruitment end date

2014-02-14, 1392/11/25

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of releasing trigger points of the neck( Post isometric relaxation) in patients with tension type headache on balance and pain

##### Public title

Tension type headache and balance control

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: Exist trigger point; Headache more than 15 days per month for at least 3 months. Exclusion criteria: Brain injury; Vertigo; Ear disorders.

##### Age

No age limit

##### Gender

Both

##### Phase

3

##### Groups that have been masked

No information

## Sample size

Target sample size: 30

## 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 avenue, Shiraz

##### City

Shiraz

##### Postal code

#### Approval date

2014-07-24, 1393/05/02

#### Ethics committee reference number

93/149447

## Health conditions studied

### 1

#### Description of health condition studied

Tension type headache

#### ICD-10 code

G44.2

#### ICD-10 code description

Chronic tension-type headach Episodic tension headache  
Tension headache NOS

## Primary outcomes

### 1

#### Description

Balance

#### Timepoint

Before and after of intervention

#### Method of measurement

Star test

## Secondary outcomes

### 1

#### Description

Pain

#### Timepoint

Before and after intervention

#### Method of measurement

VAS scale

## Intervention groups

### 1

#### Description

Intervention: Volunteers were initially evaluated in terms of balance and through the post isometric relaxation technique Trigger points in the neck muscles are released and then after Six sessions of treatment again patient balance

#### 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 avenue, Shiraz

##### City

Shiraz

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for research of Shiraz University of Medical Sciences

##### Full name of responsible person

Dr.Hatam

##### Street address

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

##### 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 of 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**  
Ali Barzegar Bafrouei  
**Position**  
Master Science of Physical Therapy  
**Other areas of specialty/work**  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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**Phone**  
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**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*