Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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 where 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)

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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

Iclusion 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
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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

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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