

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of acupressure on pain, stiffness and physical function of knee among nursing home residents with osteoarthritis

Protocol summary

Summary

(1) Objectives: investigate the effectiveness of acupressure on pain, stiffness and physical function of knee among nursing home residents with osteoarthritis. (2) Design: the study population consisted all the elderly with osteoarthritis of the knee settled in nursing homes. The sample volume size included 51 cases that resident in three nursing home centers. Before sampling each centers were randomly allocated to one of the three groups; tow intervention (real and placebo) and a control group. (3) Setting and conduct: After each center was allocated to a various groups, participants were selected from these centers based on inclusion criteria and entered to specified group. (4) Participants including major eligibility criteria: having osteoarthritis, no history of disease-related surgery on the knee, according to case documents, non-acupressure contraindications (such as the open wounds, cancer and signs of serious psychological disorders), non-severe chronic diseases such as insulin-dependent diabetes and lupus, non-injection the knee joint, non-drug addiction. (5) Intervention: massaged acupoints for real and non-acupoints for placebo every three days a week during the 10 sessions of 15 minutes and the control group continued their usual treatment. (6) Main outcome measures: Main outcome measures included pain, stiffness and physical function that was measured with the WOMAC.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2015041521758N2**

Registration date: **2015-10-12, 1394/07/20**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-10-12, 1394/07/20

Registrant information

Name

Nabi Akbarnezhad

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 6692 7123

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of University of Social Welfare and Rehabilitation Sciences

Expected recruitment start date

2015-02-20, 1393/12/01

Expected recruitment end date

2015-03-20, 1393/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of acupressure on pain, stiffness and physical function of knee among nursing home residents with osteoarthritis

Public title

Effect of acupressure on knee Arthroses

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: The elder over 60 years old; Having one or both knee osteoarthritis knee pain that they have at least 6 months of diagnosis; No pain severe that above score of 90% based on Visual Analogue Scale; No history of disease-related surgery (replacement and repair) on the knee joint; Having of consciousness, hearing ability and speech acceptable on the basis of Abbreviated Mental test Score; According to case documents, non-acupressure contraindications, such as: the open wounds, cancer and signs of serious psychological disorders; Non-severe chronic diseases such as insulin-dependent diabetes, cancer, lupus, according to the case documents; Non-Injection the knee joint during the 30 days prior to the intervention or plan to inject until the end of the study period; Non drug addiction; Satisfaction to participate in the study. exclusion criteria: Lack of interest in continuing to work for any reason; Leaving the institution, died or exacerbation leading to hospitalization; Acute disease or condition that is contrast with the intervention; Injected into the knee joint during the intervention period.

Age

From **60 years** old to **100 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **51**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Randomization method: It was possible residents in nursing homes have to meet and discuss about intervention way might causes bias, therefore all of elder in those each centers were randomly allocated to one of the under study groups. In this way a code assigned to each of the under study centers and using a random number table to extract codes. The extracted first code was assigned to the main intervention, the second to the placebo and third to control groups.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of University of Social Welfare and Rehabilitation Sciences

Street address

Kodakyar deadlock, Daneshjo blvd, Evin, Tehran, Iran

City

Tehran

Postal code

1985713834

Approval date

2015-01-23, 1393/11/03

Ethics committee reference number

IR.USWR.REC.1394.9

Health conditions studied

1

Description of health condition studied

Osteoarthritis

ICD-10 code

M17.1

ICD-10 code description

Other primary gonarthrosis

Primary outcomes

1

Description

Pain

Timepoint

Preintervention and postintervention

Method of measurement

WOMAC

2

Description

Stiffness

Timepoint

preintervention and postintervention

Method of measurement

WOMAC

3

Description

Function

Timepoint

Preintervention and postintervention

Method of measurement

WOMAC

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group1: Sham group received massage on non-specific acupoints in Knee every other day during 10 sessions.

Category

Placebo

2

Description

Intervention group 2: Acupressure for 10 sessions every other day, just one minute on any of the 8-acupoint on the knee(ST34,ST35,ST36,SP9,SP10,GB34,EX-LE2,EX-LE4) performed.

Category

Rehabilitation

3

Description

control group: without intervention, only continued to current nursing home treatments

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Touhid Nurising Home

Full name of responsible person

Mr. Behrouz Hosseini

Street address

No. 137, Zahedi Alley, West Nosrat Street, Tohid Square

City

Tehran

2

Recruitment center

Name of recruitment center

Mehraban Nurising Home

Full name of responsible person

Ms. Khani

Street address

No. 21, Corner of North Kamali, West Faheemi Street, Behnam street, Kashani Street, The second Sadeghieh Square

City

Tehran

3

Recruitment center

Name of recruitment center

Ibn Sina Nurising Home

Full name of responsible person

Mr. Heydar Qaderinia

Street address

No. 14, Lale Blvd, Tehransar

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

Hamid reza khankeh

Street address

Kodakyar deadlock,Daneshjo blvd,Evin

City

Tehran

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 University of Social Welfare and Rehabilitation 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

University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

Nabi Akbarnezhad

Position

Master of Geriatric Nursing

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