

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jul 2026

To compare two method of manual therapy; Manipulation and Dry Needling in treatment of non-specific low back pain in athlete

Protocol summary

2017-09-21, 1396/06/30

Summary

(1)Objectives: The purpose of the present study was to compare the two methods of manual therapy; manipulation and manipulation with dry needling in treatment of patients with non-specific chronic low back pain.(2)The essential inclusion and exclusion criteria: The main criterion for attending a study is non-specific chronic low back pain for more than 12 weeks and having painful points by touching at least three muscles from five muscles in study ,the age range is between 18 to 32.the patient satisfaction is the main reason for exclusion criteria, Patients who have had surgery for the last six months.(3)Population and sample size: The total number of participants is 30 people in the study.(4)Intervention and period of treatment: people are randomly divided into two groups. In the control group , the patient only recieve manipulation treatment and in the intervention group ,the patient recieve manipulation and dry needling treatment.The intervention period is one week, including three times a week for each patient.(5)Main outcome measure:the degree of pain and functional disability is measured in three times; before the intervention, immediately after the intervention and at the end of the third session of intervention. At the end, the results are compared together.

General information

Acronym

none

IRCT registration information

IRCT registration number: **IRCT2017090224149N37**

Registration date: **2017-09-21, 1396/06/30**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

Registrant information

Name

Fahimeh Kamali

Name of organization / entity

Shiraz University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Faculty of Rehabilitation, Shiraz University of Medical Sciences

Expected recruitment start date

2017-09-01, 1396/06/10

Expected recruitment end date

2017-10-02, 1396/07/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

To compare two method of manual therapy; Manipulation and Dry Needling in treatment of non-specific low back pain in athlete

Public title

Treatment of chronic low back pain using a method of manual therapy and dry needling

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: The age range is between 18-32 ;Athletes with last three times a week exercise, every time two hours ;The pain based on the Vas scale is not less than 3 in excess of 6 ;Functional disability based on the Oswestry scale is less than 20 at most 40 ;non-specific chronic low back pain ;The tender points with or without bundles in at least three of the five muscles studied exclusion criteria:Patient dissatisfaction ;Additional therapies apart from treatment specified in the study ;Patients who include one of the cases of contraindication of interventions, such as recent infections, cancer, anticoagulants, lymphadenomas, etc. ;Patients who have had surgery for the last six months ;Patients who cancel for any reason during treatment

Age

From **18 years** old to **32 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

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

1

Registry name

-

Secondary trial Id

-

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz university of medical science faculty of rehabilitation

Street address

Shiraz ,Chamran blvd, Abiverdi street 1 , faculty of rehabilitation

City

Shiraz

Postal code

7194733669

Approval date

2017-07-09, 1396/04/18

Ethics committee reference number

IR.SUMS.REC.1396.67

Health conditions studied

1

Description of health condition studied

Non specific chronic low back pain

ICD-10 code

M70.8, M79

ICD-10 code description

Other soft tissue disorders related to use, overuse and pressure , Other specified soft tissue disorders , Other disorders of muscle in diseases classified elsewhere

Primary outcomes

1

Description

Functional disability

Timepoint

Before the intervention ,immediately after the first session of treatment , the end of the third session of treatment

Method of measurement

Oswestry scale

2

Description

Pain

Timepoint

Before the intervention - immediately after the first session of treatment - the end of the third session of treatment

Method of measurement

Visual analog scale

Secondary outcomes

1

Description

-

Timepoint

-

Method of measurement

-

Intervention groups

1

Description

The control group will receive a manipulation treatment for one week during 3 sessions of treatment.

Category

Rehabilitation

2**Description**

The intervention group will receive dry needle treatment for one week in 3 sessions in addition to the control group.

Category

Treatment - Drugs

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

Saadat Physiotherapy and hydrotherapy clinic

Full name of responsible person

Maryam Shahroozi

Street address

Shiraz-Goldasht Mohamadi-Shabnam Alley 54

City

Shiraz

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice chancellor for research, Shiraz University of Medical Sciences

Full name of responsible person

Dr. Gholamreza Hatam

Street address

Central building of Shiraz University of Medical Sciences, Zand blvd

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, 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**

-

Full name of responsible person

Iman faghizadeh Gorji

Position

physical therapist

Other areas of specialty/work**Street address**

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

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Person responsible for updating data**Contact****Name of organization / entity**

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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