

# 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.

##### Registrant information

###### Name

Fahimeh Kamali

###### Name of organization / entity

Shiraz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 1627 1551

###### Email address

kamalif@sums.ac.ir

##### 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

#### 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

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**

Shiraz-Bagh Safa

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00

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

-

**Full name of responsible person**

Jamal Sharifian

**Position**

physicaltherapist

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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*