

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 2026

### Comparison of effects of dry needling and postural correction reeducation on the pain, pain threshold and functional disability on the active upper trapezius's trigger points.

#### Protocol summary

##### Summary

The main objective :comparing the effects of two dry needling and postural correction reeducation on pain ,pressure threshold, neck functional disability in patients with upper trapezius muscle trigger points.Other objectives: to assess the effects of a dry needle therapy and postural correction reeducation alone on variables in patients with upper trapezius muscle trigger points at 4 and 6 weeks after treatment. Design: single-center, pilot double blind clinical trial study. 15 patients from those referring to the AREF physiotherapy clinic in Qaen city. participants randomly divide into 3 groups: dry needling and common physiotherapy (5), postural correction reeducation and common physiotherapy (5 patients) and control group common physiotherapy (5 persons) . In three steps evaluated: the first and last session and 6 weeks after treatment. Inclusion criteria: The mean age 18 to 50 - One-sided neck pain with at least a trigger point in the upper trapezius muscle. Neck disability index score is 15% or more. Exclusion criteria: patients with osteoarthritis, chronic obstructive pulmonary disease and patients who take anticoagulant drugs. Patients with a history of herniated discs, degenerative joint disease, fracture or dislocation of the cervical vertebrae neck or shoulder surgery. treatment of each trigger point in the last 6 months. Fear of needle. Start since 1/10/95 .in the stage of data collection -interventions: dry needling technique: inserting a needle in trigger point - postural correction reeducation : training the correct posture of the head and neck and shoulder and then correct sitting and standing posture based on treatment of travell and simons. primary outcomes: pain with VAS, pressure threshold with algometer, neck functional disability with NDI. there is not secondary outcome.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017011024151N6**

Registration date: **2017-02-08, 1395/11/20**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2017-02-08, 1395/11/20

##### Registrant information

##### Name

Hamzeh Baharlouei

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 3792 5045

##### Email address

baharloueih@rehab.mui.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for research, Isfahan University of Medical Sciences

##### Expected recruitment start date

2016-12-21, 1395/10/01

##### Expected recruitment end date

2016-12-30, 1395/10/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

### Scientific title

Comparison of effects of dry needling and postural correction reeducation on the pain, pain threshold and functional disability on the active upper trapezius's trigger points.

### Public title

Comparison of effects of dry needling and postural correction reeducation in patient with upper trapezius's trigger points.

### Purpose

Treatment

### Inclusion/Exclusion criteria

Inclusion criteria: 1.The mean age 18 to 50 who have the ability to read and write. 2. One-sided neck pain with at least a trigger point in the upper trapezius muscle. 3. Neck disability index score is 15% or more. Exclusion criteria: 1. patients with tumors, infectious diseases, stage 3 and 4 osteoarthritis, scoliosis, chronic obstructive pulmonary disease and patients who take anticoagulant drugs. 2. Patients with a history of herniated discs, degenerative joint disease, fracture or dislocation of the cervical vertebrae 3. neck or shoulder surgery. 4. Treatment of dry needles on each trigger point or treatment of each trigger point in the last 6 months. 5. Fear of needles 6. disorder in the shoulder girdle, including tendonitis, bursitis, fractures and instability of the shoulder girdle

### Age

From **18 years** old to **50 years** old

### Gender

Both

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **15**

### Randomization (investigator's opinion)

Randomized

### Randomization description

### Blinding (investigator's opinion)

Double blinded

### Blinding description

### Placebo

Not used

### Assignment

Parallel

### Other design features

Randomized with sealed envelopes

## Secondary Ids

empty

## Ethics committees

### 1

Ethics committee

### Name of ethics committee

Ethics committee of Isfahan University of Medical Sciences

### Street address

Hezar Jerib Street

### City

Isfahan

### Postal code

### Approval date

2016-06-22, 1395/04/02

### Ethics committee reference number

IR.MUI.REC.1395.3.286

## Health conditions studied

### 1

#### Description of health condition studied

trigger point of muscle and Inappropriate posture

#### ICD-10 code

M00-M99

#### ICD-10 code description

M60-M63,M95-M99,G00-G99,R25.2,

## Primary outcomes

### 1

#### Description

pain

#### Timepoint

befor. after. 6 weeks after

#### Method of measurement

visual analog scale

### 2

#### Description

pain pressure treshold

#### Timepoint

befor. after. 6 weeks after

#### Method of measurement

algometer

### 3

#### Description

neck functional disability

#### Timepoint

befor. after. 6 weeks after

#### Method of measurement

neck disability index

## Secondary outcomes

empty

## Intervention groups

### 1

Description

intervention: postural correction education with common physiotherapy. Education correct posture of shoulders, head and neck and proper sitting and standing. 10 sessions common physiotherapy that 5 sessions of all accompany with postural correction reeducation. 45 min

#### Category

Treatment - Other

### 2

#### Description

intervention. dry needling with common physiotherapy. Use the needle to release the muscle trigger points intervention.10 sessions common physiotherapy that 5 sessions accompany with dry needling. 45 min

#### Category

Treatment - Other

### 3

#### Description

control: common physiotherapy. including: modalities tens,ultrasound,hot pack and stretch the upper trapezius muscle. 10 sessions .30 min

#### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Physiotherapy AREF Clinic

##### Full name of responsible person

fattah

##### Street address

qaen, Street shafa, in front of the door shohada Hospital , AREF Physiotherapy

##### City

qaen

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice Chancellor for research of Isfahan University of Medical Sciences

##### Full name of responsible person

Mrs. doctor Rezaeian

##### Street address

isfahan, street of hezar jerib . Isfahan University of Medical Sciences . Faculty of Rehabilitation

##### City

isfahan

##### 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 Isfahan 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

BOZORGMEHR University of qaenat

##### Full name of responsible person

seyed hamed shakib

##### Position

master of Civil Engineering and a member of the faculty

##### Other areas of specialty/work

##### Street address

qaen, abolmafakher street , BOZORGMEHR university

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qaen

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##### Phone

+98 56 3256 0491

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shsh82c@yahoo.com

##### Web page address

## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Isfahan University of Medical Sciences

##### Full name of responsible person

hamzeh baharlouee

##### Position

The student PhD in Physical Therapy

##### Other areas of specialty/work

##### Street address

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<b>Web page address</b>	<i>empty</i>
<b>Person responsible for updating data</b>	<b>Statistical Analysis Plan</b> <i>empty</i>
<b>Contact</b>	<b>Informed Consent Form</b> <i>empty</i>
<b>Sharing plan</b>	<b>Clinical Study Report</b> <i>empty</i>
<b>Deidentified Individual Participant Data Set (IPD)</b>	<b>Analytic Code</b> <i>empty</i>
<b>Study Protocol</b>	<b>Data Dictionary</b> <i>empty</i>