

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jun 2026

To investigate the effect of vitamin D treatment on intractable carpal tunnel syndrome patients with hypovitaminosis D

Protocol summary

Summary

Vitamin D supplementation can improve carpal tunnel syndrome as a peripheral neuropathy and could be used in treatment. In this thesis patients diagnosed to have carpal tunnel syndrome by electrodiagnostic study and physical exam who have not responded to standard management of CTS for 6 weeks and have hypovitaminosis D (25(OH) vit D level less than 30 ng/dl) by HPLC method who has none of the exclusion criteria such as diabetes and hypothyroidism will be recruited. Sample size is 50 patients. Boston Questionnaire will be filled for all samples and then a dose of 50000 IU vitamine D3 will be taken by mouth per week for 12 weeks. And a week after the last dose of vitamine D3 patients will be reevaluated by electrodiagnostic study and Boston Questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015100624384N1**

Registration date: **2015-11-06, 1394/08/15**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-11-06, 1394/08/15

Registrant information

Name

Marzieh Mohtashamkia

Name of organization / entity

International Branch of Shiraz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of International Branch of Shiraz University of Medical Sciences

Expected recruitment start date

2015-10-23, 1394/08/01

Expected recruitment end date

2016-03-10, 1394/12/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

To investigate the effect of vitamin D treatment on intractable carpal tunnel syndrome patients with hypovitaminosis D

Public title

The effect of vitamin D treatment on intractable carpal tunnel syndrome patients with hypovitaminosis D

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: CTS diagnosed by electrodiagnostic study; BMI in normal range (19-24); age: 20-40 years; Intractable CTS Patients who had been 6 weeks under standard treatment(NSAID, Rest). Exclusion criteria: diabetes; hypothyroidism; trauma or surgery on hand or wrist; radiculopathy ; known case of chronic liver disease or renal disease; Metabolic disease; Pregnancy and lactation period; patients who took multivitamine supplements; Peripheral polyneuropathy; Severe CTS; RA

Age

From **20 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

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**

Shiraz University of Medical Sciences' Ethics committee

Street address

Shiraz University of Medical Sciences, central Bldg, Karimkhan Zand Blv

City

Shiraz

Postal code**Approval date**

2015-10-04, 1394/07/12

Ethics committee reference number

IR.SUMS.REC.1394.120

Health conditions studied**1****Description of health condition studied**

Carpal tunnel syndrome

ICD-10 code

G56.0

ICD-10 code description

Carpal tunnel syndrome

Primary outcomes**1****Description**

median nerve function

Timepoint

before and a week after vit D3 supplementation

Method of measurement

Electrodiagnostic study(EMG-NCV)

Secondary outcomes

empty

Intervention groups**1****Description**

A dose of 50000 IU vitamine D3 will be taken by mouth per week for 12 weeks

Category

Treatment - Drugs

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

Physical Medicine and Rehabilitation Clinics of Shiraz University of Medical Sciences

Full name of responsible person

Dr. Sharareh Roshanzamir

Street address

Physical Medicine and Rehabilitation Ward, Floor 2, Faghihi Hospital, Karimkhan Zand Blvd

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

Vice Chancellor for research of International Branch of Shiraz University of Medical Sciences

Full name of responsible person

Ms. Mohammadi

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Amiralmomenin Hospita Entrance, Sadra Rd Shiraz Fars

City**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 International Branch 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

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Shiraz

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