

# 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

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 3230 3462

##### Email address

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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

**City**

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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

**Street address**

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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**Position**

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**City**

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*