

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Sep 2026

The comparison of the effect of dry needling and friction massage on trigger points of sub-occipital, temporalis, sternocleidomastoid and upper trapezius muscles in improving of symptoms of patients with tension type headache

Protocol summary

Summary

Aim: To compare the effect of dry needling and friction massage on trigger points of sub-occipital, temporalis, sternocleidomastoid and upper trapezius muscles in improving of symptoms of patients with tension type headac in improving of symptoms of patients with tension type headac Design: randomized clinical trial. Setting and Conduct: The patients receive dry needling or friction massage in order to treatment of trigger points in cervical region. Participants including major eligibility criteria: 40 patients with tension type headache who have any trigger points in sub-occipital, temporalis, sternocleidomastoid and upper trapezius muscles enter to the study and receive treatment in two 20 patients groups. Interventions: one group receives dry needling and the other group receives friction massage in the site of trigger points Time of intervention: patients in each group receive 3 sessions of treatment during 1 week Main Outcome measures: frequency and intensity of headache, range of motion in cervical region, pain threshold in trigger points site

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016110726674N4**
Registration date: **2016-11-29, 1395/09/09**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-11-29, 1395/09/09

Registrant information

Name

Marzieh Mohamadi

Name of organization / entity

Shiraz University of Medical Sciences, School of Rehabilitation Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2016-07-22, 1395/05/01

Expected recruitment end date

2016-09-22, 1395/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of the effect of dry needling and friction massage on trigger points of sub-occipital, temporalis, sternocleidomastoid and upper trapezius muscles in improving of symptoms of patients with tension type headache

Public title

The comparison of dry needling and friction massage in treatment of tension type headache

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: tension type headache for at least 6 months; existence of any trigger points in sub-occipital, temporalis, sternocleidomastoid and upper trapezius muscles
Exclusion criteria: cervical disk herniation; neurological disorders; rheumatoid disorders; useage of anti-depressant and anti-anxiety drugs; pregnant and feeding females

Age

No age limit

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 40

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Shiraz University of Medical Sciences

Street address

Zand Street

City

Shiraz

Postal code**Approval date**

2016-07-17, 1395/04/27

Ethics committee reference number

IR.SUMS.REC.1395.67

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

tension type headache

ICD-10 code

G44.2

ICD-10 code description

Tension-type headache

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

headache frequency

Timepoint

1 week

Method of measurement

patient's report

2**Description**

headache intensity

Timepoint

1 week

Method of measurement

patient's report

3**Description**

cervical range of motion

Timepoint

1 week

Method of measurement

goniometer

4**Description**

pain threshold

Timepoint

1 week

Method of measurement

algometer

Secondary outcomes

empty

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

dry needling

Category

Treatment - Other

2**Description**

friction massage

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

School of Rehabilitation Sciences

Full name of responsible person

Marzieh Mohamadi

Street address

Abiverdi 1 Street

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

Seyyed Basir Hashemi

Street address

Zand Street

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

School of Rehabilitation Sciences, Shiraz University of Medical Sciences

Full name of responsible person

Marzieh Mohamadi

Position

Student

Other areas of specialty/work

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Full name of responsible person

Marzieh Mohamadi

Position

Other areas of specialty/work

Street address

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Phone

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Fax

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Web page address

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