

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

Comparison of the effectiveness of the one type of Persian massage with common treatments in men with radicular low back pain, on the severity of pain, disability and quality of life

Protocol summary

Summary

Objectives: comparison of the effectiveness of the one type of Persian massage and common treatments in men with radicular low back pain, on the severity of pain, disability and quality of life. Design: Randomized of two parallel group. The study population: men with radicular low back pain. Major inclusion criteria: radicular low back pain; traverse at least 8 weeks from the onset of pain; age 25 up to 55 years; not having indication surgery; having at least a score of 3 of 10 in VAS. Major exclusion criteria: history of surgery due to low back pain; Red flag or risk symptoms; equisetum syndrome symptoms; Lack of patient satisfaction; low back pain due to cancer. Sample size: 30. The study intervention: a type of Persian massage. Intervention time: 4 weeks. Primary outcomes: the severity of pain, disability and quality of life.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016052328013N1**

Registration date: **2017-01-06, 1395/10/17**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-01-06, 1395/10/17

Registrant information

Name

Mahdi Zarvandi

Name of organization / entity

Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 915 551 2909

Email address

zarvandim921@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Mashhad University of Medical Sciences

Expected recruitment start date

2016-12-21, 1395/10/01

Expected recruitment end date

2017-05-22, 1396/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effectiveness of the one type of Persian massage with common treatments in men with radicular low back pain, on the severity of pain, disability and quality of life

Public title

Comparison of the effectiveness of the one type of Persian massage with common treatments in men with radicular low back pain, on the severity of pain, disability and quality of life

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: radicular low back pain (Low back pain with release to the lower extremities up to below the knee); traverse at least 8 weeks from the onset of pain

(Intermittent or continuous); age 25 up to 55 years; not having of surgery indication ; having at least a score of 3 of 10 in VAS. Exclusion criteria: history of surgery due to low back pain; the incidence of symptoms during treatment that the doctor and the therapist requires further review; Red flag or risk symptoms (such as: osteoporotic fractures, malignancies, and cauda equina syndrome, radiculitis); equisetum syndrome symptoms (numbness and weakness of both legs, perineum & anal area pain, numbness, paralysis sphangter); Lack of patient satisfaction; low back pain due to cancer or cause visceral

Age

From **25 years** old to **55 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)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Table of random numbers

Secondary Ids**1****Registry name**

-

Secondary trial Id

-

Registration date

empty

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

Mashhad University of Medical Sciences

Street address

Mashhad, next to the Sina hospital, faculty of traditional & complementary medicine.

City

Mashhad

Postal code**Approval date**

2016-11-22, 1395/09/02

Ethics committee reference number

IR.MUMS.REC.1395.404

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

Radicular LBP

ICD-10 code

M54.4

ICD-10 code description

Lumbago with Sciatica

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

Pain

Timepoint

Three times; zero, in the first month and the third month

Method of measurement

VAS

2**Description**

Disability

Timepoint

Three times; zero, in the first month and the third month

Method of measurement

Iranian form of Roland-Morris disability questionnaire

3**Description**

Quality of life

Timepoint

Three times; zero, in the first month and the third month

Method of measurement

World Health Organization quality of life questionnaire (W.H.O Brief)

Secondary outcomes**1****Description**

-

Timepoint

-

Method of measurement

-

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

intervention Group: (Iranian massage + non-surgical

common treatment of low back pain) Iranian massage style (stage1-9): 1. Hip deep rub 2. Finger pressure to the posterior thigh 3. Finger pressure to the foot and the posterior calf 4. Grab below the knee 5. Grab the calf muscles 6. depth Rub of the base of the toes 7. depth Rub of the interior floor of foot 8. Finger pressure to the sides of the knee 9. Finger pressure from the knee to the ankle & non-surgical common treatment of low back pain, Includes; sedative and anti-inflammatory agents, exercise, heat and cold therapy, lifestyle modification.

Category

N/A

2**Description**

Control Group: non-surgical common treatment of low back pain, Includes; sedative and anti-inflammatory agents, exercise, heat and cold therapy, lifestyle modification

Category

Treatment - Drugs

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

The center of the needle and Chinese medicine located in Imam Reza (a.s.) affiliated to the Mashhad

Full name of responsible person

Dr, Mahdi Zarvandi

Street address

Hospital Imam Reza

City

Mashhad

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

Vice chancellor for research of Mashhad University of Medical Sciences

Full name of responsible person

Dr, Saiid Eslami

Street address

The Central Building of Mashhad University of Medical Sciences, University avenue

City

Mashhad

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 Mashhad 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**

Mashhad University of Medical Sciences

Full name of responsible person

Mahdi Zarvandi

Position

Phd student of traditional Persian medicine

Other areas of specialty/work**Street address**

Next to the Sina hospital, faculty of traditional & complementary medicine.

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Web page address

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

Mashhad University of Medical Sciences

Full name of responsible person

Dr, Ali Khorsand

Position

Assistant professor of Chinese medicine and massage specialist

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

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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