

# 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.

**City**

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-

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+98 51 3855 2189

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zarvandim921@mums.ac.ir; leg\_med\_ny@yahoo.com

**Web page address**

-

**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

**Other areas of specialty/work**

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Mashhad University of Medical Sciences,

**Full name of responsible person**

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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*