

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Sep 2026

Effect of One Session Dry Needling on Pain, Pressure Pain Threshold and Disability in patient with Active Trigger Points in the Upper Trapezius Muscle

Protocol summary

Summary

The aim of study is to evaluate the effects of dry needling on pressure pain threshold, pain and patients disability with active trigger points in the upper trapezius muscle. The study is quasi-experimental, a clinical trial that samples will be selected non-random of 23 people . Inclusion criteria will be the age of 50-30 "More than three months of pain and trigger points with palpation and exclusion criteria will be the patients with systemic diseases, ulceration and skin diseases and previous trauma in the neck . The patient will complete the Questionnaire Disability Index before the intervention and will determine pain intensity by the VA and pressure pain threshold will be recorded by algometry. then the patients will be needled and algometry will be done immediately after that. A week later disability, pain and pressure pain threshold will be assessed and recorded

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016061528474N1**

Registration date: **2016-07-01, 1395/04/11**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-07-01, 1395/04/11

Registrant information

Name

Reza Ebrahimi

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2016-07-22, 1395/05/01

Expected recruitment end date

2017-01-19, 1395/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of One Session Dry Needling on Pain, Pressure Pain Threshold and Disability in patient with Active Trigger Points in the Upper Trapezius Muscle

Public title

Effect of Dry Needling on Active Trigger Points

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Age of 50-30 , More than three months of pain and trigger points with palpation Exclusion criteria : patients with systemic diseases, Ulceration and skin diseases and previous trauma in the neck

Age

From **30 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 23

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

Isfahan University of Medical Sciences

Street address

Isfahan

City

Isfahan

Postal code

8174673461

Approval date

2015-09-16, 1394/06/25

Ethics committee reference number

94/3/491

Health conditions studied

1

Description of health condition studied

Active Trigger Points

ICD-10 code

M96.9

ICD-10 code description

Postprocedural musculoskeletal disorder, unspecified

Primary outcomes

1

Description

Pressure Pain Threshold

Timepoint

One week after intervention

Method of measurement

Algometry

2

Description

Pain

Timepoint

Before the intervention

Method of measurement

Visual analogue scale

3

Description

Disability

Timepoint

Before the intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Age

Timepoint

Before the intervention

Method of measurement

Years

2

Description

Height

Timepoint

Before the intervention

Method of measurement

Cm

3

Description

Weight

Timepoint

Before the intervention

Method of measurement

Kg

Intervention groups

1

Description

Dry needling

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Kashani Medical Educational Center
Full name of responsible person
Ebrahimi Reza
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Kashani St
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ebrahimir75@yahoo.com
Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Isfahan University of Medical Sciences
Full name of responsible person
Navid Taheri
Street address
Isfahan
City
Isfahan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source

Isfahan 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

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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