

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 May 2026

Study of the affects of ostrich oil in knee joint relief in patients with knee osteoarthritis; a randomised double blind clinical trial study

Protocol summary

Summary

The aim of present study is to determine affects of ostrich oil in the treatment of patients with knee osteoarthritis. In a single center randomised double blind clinical trial study controlled with placebo, 90 patients with knee osteoarthritis who referred to Rheumatology clinic of Imam-Reza Hospital of Tabriz University of Medical Sciences will select randomly and with using random numbers table will allocate in two groups of intervention and control group. Inclusion criteria are, age between 45 to 60 years old, knee osteoarthritis based on clinical and radiological criteria, morning stiffness less than 10 minutes, moderate knee osteoarthritis based on radiological criteria, and informed consent form for participating in study. Exclusion criteria are severe knee osteoarthritis, and body mass index more than 30. In intervention group patients will receive ostrich oil 1 cc per knee two times in a day topically for 3 months and in control group patients will receive same amount of placebo. Patients will follow up for 3 months. Arthralgia is as primary variable of study and side effect is as secondary variable of present study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016080729227N1**

Registration date: **2016-09-02, 1395/06/12**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-09-02, 1395/06/12

Registrant information

Name

Ali Asghar Ebrahimi

Name of organization / entity

Department of Internal Medicine, Tabriz University of Medical Sciences.

Country

Iran (Islamic Republic of)

Phone

+98 41 3541 5023

Email address

ebrahimia@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Tabriz University of Medical Sciences.

Expected recruitment start date

2016-08-22, 1395/06/01

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

Study of the affects of ostrich oil in knee joint relief in patients with knee osteoarthritis; a randomised double blind clinical trial study

Public title

Affects of ostrich oil in the treatment of patients with knee osteoarthritis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age between 45 to 60 years old; knee osteoarthritis based on clinical and radiological criteria; morning stiffness less than 10 minutes; moderate knee

osteoarthritis based on radiological criteria; informed consent form for participating in study. Exclusion criteria: severe knee osteoarthritis; body mass index more than 30.

Age

From **45 years** old to **60 years** old

Gender

Both

Phase

4

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Tabriz University of Medical Sciences.

Street address

Tabriz University of Medical Sciences, Daneshgah Street, Tabriz, Eastern Azerbaijan, Iran.

City

Tabriz

Postal code

Approval date

2016-01-04, 1394/10/14

Ethics committee reference number

IR.TBZMED.REC.1395.58

Health conditions studied

1

Description of health condition studied

Knee Osteoarthritis

ICD-10 code

M17

ICD-10 code description

Gonarthrosis

Primary outcomes

1

Description

Knee joint pain

Timepoint

Beginig of study and 3 months later

Method of measurement

Physical examination based on WOMAC questionnaire

Secondary outcomes

1

Description

Adverse effects

Timepoint

3 months later

Method of measurement

Patient follow up

Intervention groups

1

Description

In intervention group: patients will receive ostrich oil 1 cc production of MAM pharmaceutical company per knee two times in a day topically for 3 months.

Category

Treatment - Drugs

2

Description

In control group: patients will receive placebo 1 cc production of MAM pharmaceutical company per knee two times in a day topically for 3 months.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam-Reza Hospital of Tabriz University of Medical Sciences

Full name of responsible person

Dr Ali Asghar Ebrahimi

Street address

Imam-Reza Hospital of Tabriz University of Medical Sciences, Daneshgah Street, Tabriz, Eastern Azerbaijan, Iran.

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Tabriz University of Medical Sciences.

Full name of responsible person

Dr Hasan Soleimanpour

Street address

Deputy of Research and Technology, Central Building of Number Two, Tabriz University of Medical Sciences, Daneshgah Street, Tabriz.

City

Tabriz

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, Tabriz 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**

Tabriz University of Medical Sciences.

Full name of responsible person

Dr Ali Asghar Ebrahimi

Position

Subspecialty of Rheumatology.

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

Faculty of Medicine, Tabriz University of Medical Sciences, Daneshgah Street, Tabriz.

City

Tabriz

Postal code**Phone**

+98 41 3541 5023

Fax**Email**

ebrahimia@tbzmed.ac.ir

Web page address

Person responsible for scientific

inquiries

Contact**Name of organization / entity**

Tabriz University of Medical Sciences.

Full name of responsible person

Dr Ali Asghar Ebrahimi

Position

Subspecialty of Rheumatology

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

Faculty of Medicine, Tabriz University of Medical Sciences, Daneshgah Street, Tabriz.

City

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Postal code**Phone**

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Fax**Email**

ebrahimia@tbzmed.ac.ir

Web page address

Person responsible for updating data

Contact**Name of organization / entity**

Tabriz University of Medical Sciences.

Full name of responsible person

Dr Ali Asghar Ebrahimi

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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