Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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)

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+98 41 3541 5023

Email address

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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

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Position

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Other areas of specialty/work

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Person responsible for updating data

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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