

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jun 2026

A Clinical trial to compare the effect of ostrich oil versus placebo on pain in patients with musculoskeletal disorders

Protocol summary

Summary

Purpose: Studying effects of ostrich oil on musculoskeletal pain comparing with the placebo effect.
Method: 60 patients with musculoskeletal pain without history of operation and injection will be included in this study. In case of dissent or requirement of operation or splint, they will be excluded. Using Excel software, we divided the numbers 1-60 into two groups randomly. The numbers will be allocated to drug (Ostrich oil) and placebo (Olive oil) groups. Random packets containing the prescriptions will be provided. Sealed packets will be given to patients randomly whereas the inside information is not visible and patients and the physician won't be aware of the grouping. Ostrich oil and olive oil will be previously kept in hospital's drug store and patients will receive the oil by going to the drugstore. Patients' names and their specific codes will be recorded in a log. Each patient will receive a packet and a brochure containing the instruction. Patients will be asked to spray the topical medication on the skin twice per day and massage it for 5 minutes. Follow-up visits will be after 1 week (5-10 days), 2 weeks (10-16 days) and a month (4-6 weeks) and related questionnaires will be completed by an examiner who also won't be aware of the groups. The outcomes such as amount of pain, symptom improvement time, area of pain, and quality of life will be measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016122831631N1**
Registration date: **2017-08-17, 1396/05/26**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-08-17, 1396/05/26

Registrant information

Name

Amir Reza Kachooei

Name of organization / entity

Orthopedic research center, Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 3841 7453

Email address

kachoeear@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Prolife compony

Expected recruitment start date

2017-07-15, 1396/04/24

Expected recruitment end date

2018-12-30, 1397/10/09

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A Clinical trial to compare the effect of ostrich oil versus placebo on pain in patients with musculoskeletal disorders

Public title

The effect of ostrich oil on musculoskeletal disorders' pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Being an adult and having musculoskeletal pain; Having no medical history of injection, surgery and topical medicine on the area.
Exclusion criteria: No willingness for participation; Requiring to use brace or cast; Having other conditions such as CTS; Requiring physical therapy; Having history of surgery on the area .

Age

From **18 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Triple blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Using Excel software, we divided the numbers 1-60 into two groups randomly. The numbers were allocated to drug and placebo groups.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The Ethics committee of Vice Chancellor of Research
Mashhad University of Medical Sciences

Street address

Central building of Mashhad University of Medical
Sciences(Ghoreishii), Daneshgah St, Mashhad,
Khorasan Razavii, Iran

City

Mashhad

Postal code

Approval date

2017-05-20, 1396/02/30

Ethics committee reference number

IR.MUMS.REC.1396.36

Health conditions studied

1

Description of health condition studied

Musculoskeletal pain

ICD-10 code

M79.1

ICD-10 code description

Myalgia

Primary outcomes

1

Description

Pain intensity

Timepoint

Before intervention, and 1 week(5-10 days), 2 weeks(10-16 days), one month(4-6 weeks) after intervention

Method of measurement

VAS and McGill questionnaire

Secondary outcomes

1

Description

Symptoms improvement time

Timepoint

At the beginning and at the end of the trial

Method of measurement

VAS and McGill questionnaire

2

Description

Area of pain

Timepoint

Before and after the intervention

Method of measurement

using the "area of pain" diagram and software for calculating the area

3

Description

Quality of Life

Timepoint

Before and after intervention

Method of measurement

WHOQOL questionnaire

Intervention groups

1

Description

Intervention group: Each patient will receive a packet and a brochure containing the instructions. Patients will be asked to spray the topical medication(ostrich oil) on the skin twice per day and massage the area for 5 minutes. The oil is provided by Prolife Company.

Category

Treatment - Drugs

2

Description

Control group: Each patient will receive a packet and a brochure containing the instruction. Patients will be asked to spray the topical medication(olive oil) on the skin twice per day and massage it for 5 minutes. The oil is provided by Prolife Company.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Ghaem hospital clinic

Full name of responsible person

Ali Talebi

Street address

Parastar St, Ahmadabad Blvd

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Prolife Company

Full name of responsible person

Mr Shirzad

Street address

20th avenue, Valiasr St

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Prolife Company

Proportion provided by this source

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

2

Sponsor

Name of organization / entity

Vice Chancellor for research of Mashhad University of Medical Sciences

Full name of responsible person

Dr. Mohsen Tafaghodi

Street address

Ghoreishi Building, Daneshgah St

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

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

Orthopedic research center

Full name of responsible person

Niloufar Alavi

Position

Bimedical Engineer

Other areas of specialty/work

Street address

Orthopedic Research Center, Ghaem Hospital, Ahmadabad Blvd

City

Mashhad

Postal code

9176699199

Phone

+98 51 3841 7453

Fax

+98 51 3841 7453

Email

alavi.niloufar@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Amir Reza Kachooei

Position

Fellowship Trained Orthopaedic Hand and Elbow Surgeon, Assistant Professor, Mashhad University Of Me

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

Orthopedic Research center, Ghaem Hospital,
AhmadAbad BLVD

City

Mshhad

Postal code

9176699199

Phone

+98 51 3841 7453

Fax

+98 51 3841 7453

Email

KachoeeAR@mums.ac.ir;arkachoei@gmail.com

Web page address

<http://kachoei.com>

Person responsible for updating data**Contact****Name of organization / entity**

Orthopedic Research Center

Full name of responsible person

Niloufar Alavi

Position

Biomedical engineer, Bachelor degree

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

Ghaem Hospital, Ahmadabad Blvd

City

Mashhad

Postal code

9176699199

Phone

+98 51 3841 7453

Fax

+98 51 3841 7453

Email

alavi.niloufar@gmail.com

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