

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

Comparative study the effect of two methods, compression massage and ice massage in LI4 and SP6 points on pain after appendectomy

Protocol summary

Study aim

The aim of this study is compare the effects of compressive massage and ice massage on LI4 and SP6 points on pain after appendectomy.

Design

This study is a randomized, controlled and clinical trial of 90 patients who are referred to the Sajjad Torbat-e Jam Hospital and undergo appendectomy. At first, patients will be assessed for Inclusion criteria and Exclusion criteria. Then patients undergoing appendectomy will undergo general anesthesia and have entry criteria. Before surgery, they are selected by available sampling method and randomly divided into three groups: acupressure (test), ice massage (test) and routine treatment (control).

Settings and conduct

This study is a randomized, controlled and clinical trial of 90 patients who are referred to the Sajjad Torbat-e Jam Hospital and undergo appendectomy.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Candidate for appendectomy; resident of Torbat-e Jam city; absence of diabetes; Exclusion criteria: Appendicitis with complication; drug use and drug addiction; skin allergy or scarring at points LI4 and SP6; history of use From acupressure and ice massage.

Intervention groups

In the acupressure group, in addition to routine therapies, the researcher will press the LI4 on the rotary clock for 5 minutes according to the clockwise model, and then apply the same pressure on the opposite side for 5 minutes. And in the first 5 minutes, the same side presses the opposite clockwise, and it repeats the same action on the opposite side, and the intervention takes 20 minutes. At the same time, with the researcher's assistance, a double-sided compression on the SP6 point, this is three centimeters above the inner ankle behind the posterior edge of the Tibia. In the ice massage group, in addition to routine treatments, for them massage will be given for 20 minutes at points LI4 and SP6 with a bag

of ice (crushed ice at 3 cm in 3 cm). There is no intervention in the control group and patients will only receive routine treatment.

Main outcome variables

The severity of pain in patients was recorded by researcher in the three groups by a throat once before the onset of the intervention and again immediately after the intervention (immediately, at the end of 20 minutes of intervention) with a 10 degree visual acuity scale.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170921036302N2**

Registration date: **2017-12-31, 1396/10/10**

Registration timing: **retrospective**

Last update: **2017-12-31, 1396/10/10**

Update count: **0**

Registration date

2017-12-31, 1396/10/10

Registrant information

Name

sadigheh Khalili Shomia

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 4401 8328

Email address

khalilis@medsab.ac.ir

Recruitment status

Recruitment complete

Funding source

Governmental

Expected recruitment start date

2017-09-05, 1396/06/14

Expected recruitment end date

2017-11-05, 1396/08/14

Actual recruitment start date

2017-09-05, 1396/06/14

Actual recruitment end date

2017-11-05, 1396/08/14

Trial completion date

empty

Scientific title

Comparative study the effect of two methods, compression massage and ice massage in LI4 and SP6 points on pain after appendectomy

Public title

The effect of two methods, compression massage and ice massage in LI4 and SP6 points on pain after appendectomy

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Candidate for appendectomy Resident of Torbat-e Jam city absence of diabetes

Exclusion criteria:

Appendicitis with complication Drug use and drug addiction Skin allergy or scarring at points LI4 and SP6 History of use from acupressure and ice massage

Age

From **15 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

More than 1 sample in each individual

Number of samples in each individual: **1**

One example

Actual sample size reached: **90**

More than 1 sample in each individual

Actual sample size in each individual: **1**

One example

Randomization (investigator's opinion)

Randomized

Randomization description

Samples are selected in an accessible manner. Then they are randomly divided into three groups (two intervention groups and one control group). In this way, we select 90 small paper forms of both shape and size (in total number of research samples). On 30 ice cards, 30 massage cards and 30 control cards will be written. Then put all the cards in a bag, and every time you shake the bag, each illness has the conditions for entry into the study. He/she takes a card from the bag and, according to the card, enters one of these three groups.

Blinding (investigator's opinion)

Not 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 Sabzevar University of Medical Sciences

Street address

Collegiate Paradise, Sabzevar University of Medical Sciences, Sabzevar, Khorasan Razavi

City

Sabzevar

Province

Razavi Khorasan

Postal code

9613873136

Approval date

2017-09-04, 1396/06/13

Ethics committee reference number

ir.medsab.rec.1396.53

Health conditions studied**1****Description of health condition studied**

Pain after appendectomy

ICD-10 code

R40-R46

ICD-10 code description

Symptoms and signs involving cognition, perception, emotional state and behaviour

Primary outcomes**1****Description**

Postoperative pain

Timepoint

Before the intervention begins, and immediately after the intervention

Method of measurement

Visual Analog Scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In the acupressure group, in addition to routine therapies, the researcher will press the LI4 on the rotary clock for 5 minutes according to the clockwise model, and then apply the same pressure on the opposite side for 5 minutes. And

Category

Treatment - Other

2

Description

Control group: There is no intervention in the control group and patients will only receive routine treatment.

Category

Placebo

3

Description

Intervention group: In the ice massage group, in addition to routine treatments, for them massage will be given for 20 minutes at points LI4 and SP6 with a bag of ice (crushed ice at 3 cm in 3 cm).

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Sajjad Torbat-e Jam Hospital

Full name of responsible person

Somayeh Sadegh Nesab

Street address

Sajjadia Hospital, Imam Reza Square, Torbat-e Jam

City

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9691844177

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

Doctor Fereshteh Ghorat

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Collegiate Paradise, Sabzevar University of Medical Sciences, Sabzevar, Khorasan Razavi

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shomia@ymail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Sabzevar University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

Sadigheh Khalili Shomia

Position

Master of Science in Nursing, Faculty Member

Latest degree

Master

Other areas of specialty/work

Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Person responsible for updating data

Contact

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

Sadigheh Khalili Shomia

Position

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Latest degree

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