

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jun 2026

Investigation of the effect of stretching of wrist and finger flexors on carpal tunnel syndrome in comparison to physiotherapy

Protocol summary

Study aim

Determining of the effect of stretching of wrist and finger flexors on carpal tunnel syndrome in comparison to physiotherapy

Design

In this research, 62 cts patients that diagnosed by rehab sub specialist were chosen purposefully and a code was allocated to each one of them. then, patients were randomly divided into two control and intervention groups.

Settings and conduct

Unidirectional blindness choosen patient in rehabilitation clinics of shiraz university of medical sciences

Participants/Inclusion and exclusion criteria

Inclusion criteria is all the patient with mild to moderate cts Exclusion criteria is all the patient with methabolic disease like diabete and hypothyroid and pregnancy

Intervention groups

Intervention group consist 31 patient with cts that do stretching and the control group consist 31 patient with cts that do physiotherapy

Main outcome variables

For choosing the best, the more comfortable, low costs and less side effect for patients

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170927036455N1**

Registration date: **2018-01-15, 1396/10/25**

Registration timing: **registered_while_recruiting**

Last update: **2018-01-15, 1396/10/25**

Update count: **0**

Registration date

2018-01-15, 1396/10/25

Registrant information

Name

Mehrdad Dabiri

Name of organization / entity

Shiraz university of medical sciences

Country

Iran (Islamic Republic of)

Phone

*

Email address

dabiry@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Thesis plan of shiraz university of medical science

Expected recruitment start date

2017-10-15, 1396/07/23

Expected recruitment end date

2018-04-12, 1397/01/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation of the effect of stretching of wrist and finger flexors on carpal tunnel syndrome in comparison to physiotherapy

Public title

Investigation of the effect of stretching of wrist and finger flexors on carpal tunnel syndrome in comparison to Acupuncture

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

All the patient with mild to moderate cts that Diagnosed

by subspecialist that dont have methabolic diseases like diabete and hypothyroid and pregnancy All the patient with cts between age 25 to 55 years

Exclusion criteria:

Hypothyroidism Diabetes Pregnancy Lactation History of truma or surgery on wrist Pripheral Radiculopathy or neuropathy(except tunnle carp syndrome)

Age

From **25 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size

Target sample size: **62**

Randomization (investigator's opinion)

Randomized

Randomization description

Block randomization in the form of 4th blocks in the form of aabb without to consider time or place or sex

Blinding (investigator's opinion)

Single blinded

Blinding description

Primary questionnaire and NCV of patients done by one of the plan partner that had no information about discription of patients on two groups then block randomization done by one of the anchors of the plan that have no information about the questionnaire and result of ncv. Then patient will evaluate by the plan partner that done primary ncv and questionnaire(plan partner have no information about interventional group) Interventional group defined by code 1 & 2 and estatistic analyzer had no information about interventional group too. So estatistic analyzer and Researcher evaluator have become blindness

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Shiraz Univercity of Medical Science

Street address

Rehab Clinic of Shiraz University of Medical Science, Second floor, Shahid Faghihi Hospital, Zand street,

Shiraz

City

Shiraz

Province

Fars

Postal code

7134844119

Approval date

2016-12-21, 1395/10/01

Ethics committee reference number

lr.sums.med.rec.1396.s78

Health conditions studied

1

Description of health condition studied

Carpal tunnel syndrom

ICD-10 code

G56.00

ICD-10 code description

Carpal tunnel syndrome, unspecified upper limb

Primary outcomes

1

Description

Nerve conduction improvment

Timepoint

Before intervention, after intevention , 3month after intervention

Method of measurement

Nerve conduction velocity

Secondary outcomes

1

Description

Decreaa in symptomes amd improvement of performance

Timepoint

Before intervention, after intervention, 3month after intervention

Method of measurement

Boston questioner

Intervention groups

1

Description

Interventional group : estretching exercise : including 4 types of exercise that done every day about 3months and each day shod done 4 times thats about 20 seconds duration.1.the patient extend one hand to front and pull his finger with another hand that shod be estretch flexors muscles.2the patient should put his palmar surface on a desk and extend his elbow then should a little forward bending to estretch on flexors muscles.3.the patient

should to stick palmar surfaces of both hand together and keep theme anterior of chest then push down to estrech on flexor muscles

Category

Rehabilitation

2**Description**

Control group: physiotherapy,(TENS, US Under water, Gliding masage, Grip exercise) in 10 times that each one about 1 hour and 3session on a week

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Rehabilitation Clinics of Shiraz University Of Medical Sciences

Full name of responsible person

Sharareh Roshanzamir

Street address

Rehab Clinic of Shiraz Univercity Of Medical Science, Second floor, Shahid Faghihi Hospital, Zand street , Shiraz

City

Shiraz

Province

Fars

Postal code

7134844119

Phone

+98 71 3231 9040

Email

Sharareh.roshanzamir@gmail.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Shiraz University of Medical Science

Full name of responsible person

Fateme Zare

Street address

Marvdasht

City

Marvdasht

Province

Fars

Postal code

7134844119

Phone

+98 71 3231 9040

Email

Sharareh.roshanzamir@gmail.com

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Shiraz University of Medical Science

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**

Shiraz University of Medical Sciences

Full name of responsible person

Mehrdad Dabiry

Position

Medical student

Latest degree

Medical doctor

Other areas of specialty/work

Medical student

Street address

First floor, Reyhane apartment, Kherad street, Arian township, Shiraz

City

Shiraz

Province

Fars

Postal code

7197683398

Phone

+98 71 3654 3633

Fax**Email**

Mehrdad.neverhood@yahoo.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Sharareh Roshanzamir

Position

Rehabilitation Specialist

Latest degree

Specialist

Other areas of specialty/work

Rehabilitation management

Street address

Third floor, Imamreza clinic, Zand street, Shiraz
City
Shiraz
Province
Fars
Postal code
7134814734
Phone
+98 71 3231 9040
Fax
Email
Sharareh.roshanzamir@gmail.com
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Sara Sarikhani
Position
Medical student
Latest degree
Medical doctor
Other areas of specialty/work
Medical student
Street address
No. 24, Second floor, Narvan street, Shiraz
City
Shiraz
Province

Fars
Postal code
7144757559
Phone
+98 71 3229 3724
Fax
Email
Sara.sarikhani69@gmail.com
Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

with the completion of this project in 1396 which dose not include the following items.if the journals edditor requiers the items mentiond, it will be provided to him/her.and the way of publication will be according to the opinion of the journal's edditor

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available