

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

28 May 2026

### Investigation of the effect of stretching on wrist and fingers flexors on carpal tunnel syndrome in comparison with corticosteroid injection.

#### Protocol summary

##### Study aim

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

##### Design

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

##### Settings and conduct

Unidirectional blinded patient in rehabilitation clinics of shiraz university of medical sciences.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria:all the patient with mild to moderate CTS  
Exclusion criteria:all the patient with metabolic disease, diabetes,hypothyroid and pregnancy

##### Intervention groups

thirty one patients with mild to moderate CTS treated with stretching of wrist and finger flexors and 31 Patients with mild to moderate CTS treatet with corticosteroid injection and then two groups compare with each other

##### Main outcome variables

In this research effects of stretching of wrist and finger flexors compare with corticosteroid injection in carpal tunnel syndrome

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20170927036456N2**  
Registration date: **2018-06-19, 1397/03/29**  
Registration timing: **retrospective**

Last update: **2018-06-19, 1397/03/29**

Update count: **0**

##### Registration date

2018-06-19, 1397/03/29

##### Registrant information

###### Name

Arash Saharkhiz

###### Name of organization / entity

Shiraz university of medical sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 936 257 9670

###### Email address

saharkhiza@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Thesis plan of Shiraz university of medical sciences

##### Expected recruitment start date

2017-03-20, 1395/12/30

##### Expected recruitment end date

2018-03-20, 1396/12/29

##### Actual recruitment start date

2017-08-23, 1396/06/01

##### Actual recruitment end date

2017-11-22, 1396/09/01

##### Trial completion date

empty

##### Scientific title

Investigation of the effect of stretching on wrist and fingers flexors on carpal tunnel syndrome in comparison with corticosteroid injection.

##### Public title

Investigation of the effect of stretching on wrist and fingers flexors on carpal tunnel syndrome in comparison to corticosteroid injection.

##### Purpose

Treatment

## Inclusion/Exclusion criteria

### Inclusion criteria:

All patients with mild to moderate cts All patients with cts between age 25 to 55

### Exclusion criteria:

Hypothyroidism Diabetes Pregnancy Lactation History of truma or surgery on wrist Pripheral radiculopathy or neuropathy ( except carpal tunnel syndrome )

## Age

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

## Gender

Both

## Phase

N/A

## Groups that have been masked

- Outcome assessor
- Data analyser

## Sample size

Target sample size: **62**

Actual sample size reached: **62**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Block randomization in the form of 4th block

## Blinding (investigator's opinion)

Single blinded

## Blinding description

The person responsible for completing the questionnaires, data collection and data analysis

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of shiraz university of medical science

##### Street address

Rehab clinics of shiraz university of medical science, shiraz city, zand street, shahid faghihi hospital, second floor

##### City

Shiraz

##### Province

Fars

##### Postal code

7134844119

#### Approval date

2017-09-23, 1396/07/01

#### Ethics committee reference number

## Health conditions studied

### 1

#### Description of health condition studied

Carpal tunnel syndrome

#### ICD-10 code

G56.0

#### ICD-10 code description

Carpal tunnel syndrome

## Primary outcomes

### 1

#### Description

nerve conduction improvement

#### Timepoint

Before intervention/after intervention/3 month after intervention

#### Method of measurement

Nerve conduction velocity

## Secondary outcomes

### 1

#### Description

Decrease in symptoms and improvement of performance

#### Timepoint

Before intervention/after intervention/3months after intervention

#### Method of measurement

Boston questionnaire

## Intervention groups

### 1

#### Description

Interventional group::corticosteroid injection

#### Category

Rehabilitation

### 2

#### Description

Control group: stretching of wrist and finger flexors

#### Category

Rehabilitation

## 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 clinics of shiraz univercity of medical science,  
shiraz city, zand street, shahid faghihi hospital,second  
floor**City**

Shiraz

**Province**

Fars

**Postal code**

7134844119

**Phone**

+98 71 3323 9040

**Email**

Sharareh.roshanzamir@gmail.com

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

Shiraz University of Medical Sciences

**Full name of responsible person**

Fateme zare

**Street address**

Shiraz university of medical sciences

**City**

Marvdasht

**Province**

Fars

**Postal code**

7134844119

**Phone**

+98 71 3323 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 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**

Shiraz University of Medical Sciences

**Full name of responsible person**

Sharareh roshanzamir

**Position**

Specialist of rehabilitation

**Latest degree**

Specialist

**Other areas of specialty/work**

Medical Education

**Street address**Third floor, emam reza clinic, flake namazi, zand  
street, shiraz**City**

Shiraz

**Province**

Fars

**Postal code**

7134844119

**Phone**

+98 71 3323 9040

**Fax****Email**

Sharareh.roshanzamir@gmail.com

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

Shiraz University of Medical Sciences

**Full name of responsible person**

dr sharareh roshanzamir

**Position**

Rehabilitation especialist

**Latest degree**

Specialist

**Other areas of specialty/work**

Medical Education

**Street address**third floor, emam reza clinic, namazi sq,zand street,  
shiraz**City**

Shiraz

**Province**

Fars

**Postal code**

7134844119

**Phone**

+98 917 711 1359

**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**

Sharareh roshanzamir

**Position**

Specialist of rehabilitation

**Latest degree**

Specialist

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Medical Education

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**Postal code**

7134844119

**Phone**

+98 71 3323 9040

**Fax**

**Email**

Sharareh.roshanzamir@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 witch dosent include the following items. If the journal edditors requires the items mentioned, it will be provided to him/her. And the way of publication will be according to the opinion of the journal's editor.

**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**

Not applicable