

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of Joint protection Intervention on Pain, Range of motion, and Strength in patients with hand Osteoarthritis

Protocol summary

Study aim

The effect of joint protection interventions on pain, range of motion, and strength of Elderly patients with hand osteoarthritis

Design

In this study, 34 Elderly with hand osteoarthritis and entering the study were referred to the center of the hand of the asma. The participants were randomly divided into two intervention and control groups, each assigned a code.

Settings and conduct

A study was conducted on osteoarthritis. At the center of the hand . After the initial assessment, the intervention group received training on the principles of joint protection, with patients to make sure that the relevant techniques were performed on a weekly phone call. Group control did not receive intervention and then both groups were evaluated after 6 weeks. The study was blind on one side and patients were not aware of which group they were in.

Participants/Inclusion and exclusion criteria

Inclusion criteria: elderly patients with hand osteoarthritis who were over 60 years of age! Exclusion criteria: Having other illnesses, such as rheumatism

Intervention groups

The intervention group received training for joint protection techniques! The control group did not receive any intervention

Main outcome variables

pain! Range of motion! strength! function

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171002036518N2**

Registration date: **2018-03-04, 1396/12/13**

Registration timing: **retrospective**

Last update: **2018-03-04, 1396/12/13**

Update count: **0**

Registration date

2018-03-04, 1396/12/13

Registrant information

Name

zahra morovati

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

vic chancellor for research, university of social welfare and rehabilitation sciencess

Expected recruitment start date

2016-06-19, 1395/03/30

Expected recruitment end date

2017-01-19, 1395/10/30

Actual recruitment start date

2016-06-01, 1395/03/12

Actual recruitment end date

2017-01-01, 1395/10/12

Trial completion date

empty

Scientific title

The effect of Joint protection Intervention on Pain, Range of motion, and Strength in patients with hand Osteoarthritis

Public title

Effect of Joint protection Treatment on the Elderly's OsteoArthritis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
osteoArthritis of the hand with the diagnosis of the doctor age over 60 years Completion of consent form.

Exclusion criteria:
Other diseases including joint rheumatism and history of fractures over the past 4 months Unwillingness to continue to cooperate in research Provide injury or trauma during intervention History of hand surgery Patients who have corticosterone injections

Age
From **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **34**
Actual sample size reached: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
Block randomization was done.Sealed packages were, that was written in each packet type of group, and any disease that came to the center would have taken the envelope randomly.

Blinding (investigator's opinion)
Single blinded

Blinding description
Participants were unaware of being in the control or intervention group

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of University of Social Welfare and Rehabilitation sciences

Street address

University of Social Welfare and Rehabilitation Sciences , Childhood Death.Student Blvd, Evin

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Tehran

Province

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Postal code

1985713834

Approval date

2016-06-10, 1395/03/21

Ethics committee reference number

IR.USWR.REC.1395.217

Health conditions studied

1

Description of health condition studied

osteoarthritis

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

pain

Timepoint

At the beginning of the study and 6 weeks after that

Method of measurement

visual analogue scale

Secondary outcomes

1

Description

Range of motion

Timepoint

At the beginning of the study and 6 weeks after that

Method of measurement

Goniometer

2

Description

Hand strength

Timepoint

At the beginning of the study and 6 weeks after that

Method of measurement

Dynamometer&Pinch gauge

3

Description

Hand function

Timepoint

At the beginning of the study and 6 weeks after that

Method of measurement

Disabilities of the Arm, Shoulder, and Hand Scores

Intervention groups

1

Description

Intervention group: The training of joint protection

techniques includes: observation of pain, resting and activity balance, painless exercise, reduction of effort, avoidance of deformity, the use of larger joints, the use of matching equipment, they were given 6 weeks weeks.

Category

Rehabilitation

2

Description

Control group:They did not receive an intervention

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Asma Rehabilitation Center

Full name of responsible person

Maryam Farzad

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next to Twentieth Street, Seyyed Jamaledin Asad
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?

Yes

Title of funding source

University of social welfare and rehabilitation 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

University of social welfare and rehabilitation sciences

Full name of responsible person

Zahra Morovati

Position

Msc Student of Occupational Therapy

Latest degree

Bachelor

Other areas of specialty/work

Occupational Therapy

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Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

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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

No more information

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