

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Evaluation of effectiveness of one type of Iranian traditional massage (Dalk and Ghamz) On chronic neck pains

Protocol summary

Study aim

Evaluation of effectiveness of Ghamz and Dalk On chronic neck pains

Design

The clinical trial of the effect of traditional massage on 32 patients with chronic neck pain. (Before & After Clinical Trial without control group, not randomized, not blinded)

Settings and conduct

In this clinical trial, patients with chronic neck pain who are referred to the traditional medical school of Iran University of Medical Sciences are selected. Measurement method was based on NDI, NPDS Questionnaires, Visual Analog Scale (VAS), Quality of Life Questionnaire and Digital goniometer (to measure neck movements). Follow up of these patients is in 3 stages (before the first intervention, after the end of the session and one month after the intervention).

Participants/Inclusion and exclusion criteria

Inclusion Criteria : Age of 18 to 70 years ; Pain in the neck more than three months Exclusion Criteria: Upper limb neurological symptoms; Every damage to the nerves or under the pressure of the spinal cord; History of fracture and dislocation on the neck region; Taking anticoagulants such as Warfarin; Peripheral nerve lesions and malignancy and cancer in the neck area; Fever and severe headache and meningitis symptoms

Intervention groups

The release of spasms with the help of technique "Ghamz and dalk": the volunteering group is placed under the massage (Ghamz and Dalk), which are designed by the researcher. This procedure is performed for 10 minutes and in 4 sessions for four weeks.

Main outcome variables

pain

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171111037368N2**

Registration date: **2018-03-11, 1396/12/20**

Registration timing: **prospective**

Last update: **2018-03-11, 1396/12/20**

Update count: **0**

Registration date

2018-03-11, 1396/12/20

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 77469291

Email address

khoramizadeh.m@tak.iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-03-21, 1397/01/01

Expected recruitment end date

2018-05-22, 1397/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of effectiveness of one type of Iranian traditional massage (Dalk and Ghamz) On chronic neck pains

Public title

Effect of Iranian traditional massage on chronic neck pains

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Informed consent Age of 18 to 70 years Pain in the neck More than three months from the onset of pain in the neck (continuous or alternating) Disrupting some routine tasks

Exclusion criteria:

Upper limb neurological symptoms Severe psychiatric illnesses Pregnancy Any damage to the nerves or under the pressure of the spinal cord A report on pathology and neck surgery and cancer History of fracture and dislocation on the neck region History of severe cervical disorder such as a herniated disc Hemophilia Diabetic neuropathy Epilepsy Deep venous thrombosis Anaphylaxis Taking anticoagulants such as Warfarin There is a scar on the neck Peripheral nerve lesions and malignancy and cancer in the neck area Fever and severe headache and meningitis symptoms Patients who have not completed their treatment sessions Patient dissatisfaction

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: **32**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Iran University of Medical Sciences

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No.1, Mansouri alley, prayer street, Sattar Khan street

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Approval date

2017-10-28, 1396/08/06

Ethics committee reference number

IR.IUMS.FMD.REC 1396.9321309002

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

Neck Pain With Mobility Deficits

ICD-10 code

M54.2

ICD-10 code description

Cervicalgia

2**Description of health condition studied**

Neck Pain With Mobility Deficits

ICD-10 code

M54.6

ICD-10 code description

Pain in thoracic spine

3**Description of health condition studied**

Neck Pain With Headache

ICD-10 code

R51

ICD-10 code description

Headache

4**Description of health condition studied**

Neck Pain With Movement Coordination Impairment

ICD-10 code

S13.4

ICD-10 code description

Sprain of ligaments of cervical spine

5**Description of health condition studied**

Neck Pain With Radiating Pain

ICD-10 code

M50.1

ICD-10 code description

Cervical disc disorder with radiculopathy

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

Neck Pain

Timepoint

Before and after each intervention (first, one, two, three weeks later), one month after the last intervention

Method of measurement

Visual Analogue Scale

Secondary outcomes

1

Description

The range of motion in the neck and shoulders

Timepoint

Before and after each intervention (first, one, two, three weeks later), one month after the last intervention

Method of measurement

Goniometer

2

Description

Neck Disability

Timepoint

Start of intervention, at the end of the intervention (fourth session), one month after the end of the intervention

Method of measurement

Neck disability index questionnaire & neck pain and disability scale scoring questionnaire

3

Description

Quality of life score

Timepoint

Start of intervention, at the end of the intervention (fourth session), one month after the end of the intervention

Method of measurement

Quality of life questionnaire SF-36

Intervention groups

1

Description

The selection of the patient to enter the study is among the patients with neck pain that has criteria for entry. Initially, the individual patient information and disease characteristics (duration, symptoms, accompanying illnesses, treatments, medications, etc.) and patient records are reviewed. The procedure for entering patients is twofold: the first group of patients who have already been fully evaluated by the specialist for reasons of cervical pain and who do not have exclusion criteria and who do not need a re-examination by a physician. And will be directly included in the study by the researcher himself. The second group of patients who do not have the necessary examinations should first be examined by a physical therapist and then enter the study. After describing the goals and method of work and signing the written consent of the patient, the

intervention on the patient is done as follows: 1. Preparation: The patient is sitting at the edge of the bed (hanging legs) and the massager stays in front of the patient and The head, neck and shoulders are covered with scarves or thin linen. 2. Determining the location of massage : Locating spasms by the patient, showing the patient's location of pain and spasm to the massager . Determine the location of spasms by the massager: Massage areas can be identified by seeing more prominent areas or the amount of movement restrictions in the neck and shoulders area or touching the painful areas and more prominent (with disposable gloves and without using oil at the tip of the first, second and third fingers). 3. The release of spasms with the help of technique "Ghamz and Dalk" . Ghamz techniques : At this stage, we stimulate the location of spasms with the help of fingertips in a transverse direction relative to the muscle path, from 5 to 10 times depending on the patient's tolerance. Dalk Technique: At this stage, massage is done with the help of finger tips in the longitudinal direction of the muscle, 5 to 10 times from the top down and from the posterior to the front. The duration of massage per session is ten minutes. The number of sessions, four sessions, and intervals of one week. The limitation of movement in the neck area will be evaluated before and after each intervention by a digital goniometer . Also, the rate of neck disability and quality of life of the patient will be evaluated before the intervention, the end of the intervention and one month after the last intervention.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

School of persian medicine

Full name of responsible person

Mansour khoramizadeh

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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

Iran 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**

Iran University of Medical Sciences

Full name of responsible person

Mansour Khoramizadeh

Position

Ph.D. Student of Traditional Medicine

Latest degree

Medical doctor

Other areas of specialty/work

Traditional Medicine

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

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Other areas of specialty/work

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Web page address

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