Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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
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Iran (Islamic Republic of)
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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 venus 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
Street address
No.1, Mansouri alley, prayer street, Sattar Khan street
City
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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
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Sponsors / Funding sources

1

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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

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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