

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jul 2026

The effect of foot reflexology on reduction post partum after pain

Protocol summary

Study aim

The results of this study may lend support to relieving postpartum pain by using reflexology as a replacement or supplement of analgesics.

Design

The participants of this study that is a clinical treatment, will be 68 eligible postpartum women (34 in the reflexology group and 34 in the control group) referring to the Department of Obstetrics of Razi Hospital of Ahvaz. Sampling will be done using randomized blocks of four

Settings and conduct

The study will be conducted at Razi Hospital of Ahvaz. Sixty-eight women whose afterpains score is moderate and severe (3.1-10) will be selected and divided into two groups of control and intervention using randomized blocks of four. The intervention group will receive reflexology for both feet for 20 min on the intended points while the control group will receive only the routine care.

Participants/Inclusion and exclusion criteria

Inclusion criteria 1. Spontaneous vaginal delivery 2. Singleton pregnancy 3. Cephalic presentation 4. Mother's complaint of moderate or severe postpartum pain (a pain score of 3.1 or above based on Visual Analogue Scale) 5. Age between 18-35 6. Second to fourth parity
Exit criteria 1. Hard and prolonged delivery 2. Mother's substance abuse 3. Postpartum hemorrhage 4. Underlying illnesses (blood pressure, diabetes, kidney problem, etc.) 5. Any problem with the soles such as corns, burns, cuts, fungal infection, varicose veins, warts or any numbness in the foot 6. Still births

Intervention groups

In the intervention group, 34 eligible women will receive reflexology at certain points in their feet. The control group will receive only the routine care.

Main outcome variables

Postpartum afterpains, the severity of afterpains, duration of afterpains

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171208037792N1**

Registration date: **2018-07-14, 1397/04/23**

Registration timing: **retrospective**

Last update: **2018-07-14, 1397/04/23**

Update count: **0**

Registration date

2018-07-14, 1397/04/23

Registrant information

Name

galiya bakhtiyari niya

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 74 3222 3747

Email address

galiyabakhtiyari21@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-04, 1397/01/15

Expected recruitment end date

2018-06-05, 1397/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of foot reflexology on reduction post partum

after pain

Public title

The effect of foot reflexology on reduction post partum after pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Natural childbirth Being semicolon Single baby Cephalic display Approximate weight 2500-4000 Mother's complains of moderate or severe labor pain Age 18-35 Second to fourth childbirth Body mass index between 18.5-29.9

Exclusion criteria:

Hard and prolonged delivery Mother drug addiction History of postpartum hemorrhage Background of the underlying disease History of lesion in the leg Stillbirth Fetal Dead Intense stress

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

3

Groups that have been masked

- Care provider

Sample size

Target sample size: **68**

Randomization (investigator's opinion)

Randomized

Randomization description

Sampling of the subjects and their grouping into control and intervention groups will be done using randomized blocks of four.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Ahvaz Jundishapur University of Medical Sciences and Health Services

Street address

Ahvaz Jundishapur University of Medical Sciences and Health Services ,Golestan BLV, Ahvaz

City

Ahvaz

Province

Khuzestan

Postal code

61357-15794

Approval date

2018-04-04, 1397/01/15

Ethics committee reference number

IR.AJUMS.REK.1396.494

Health conditions studied

1

Description of health condition studied

Post partuum After pain

ICD-10 code

Z39

ICD-10 code description

Encounter for maternal postpartum care and examination

Primary outcomes

1

Description

Post Partum After Pain (Pain score between middle and high)

Timepoint

Determining the severity of pain by Visual Analogue Scale(VAS) before and after the intervention, immediately after intervention,at minutes 30, 60, 120, and 6 hours after the intervention, and the duration of the pain in the interval between the onset of the intervention and the mild pain.

Method of measurement

Visual Analogue Scale

Secondary outcomes

1

Description

post partum afterpain

Timepoint

Determining the severity of pain by Visual Analogue Scale(VAS) before and after the intervention, immediately after intervention,at minutes 30, 60, 120, and 6 hours after the intervention, and the duration of the pain in the interval between the onset of the intervention and the mild pain

Method of measurement

Visual Analogue Scale

Intervention groups

1

Description

Intervention group: Reflexologylasting for 10 minutes at the points of interest on each leg. Pituitary, (behind the

toes) Solar plexus (found by drawing an imaginary line from the third toe down to just below the ball of the foot) the inner arch of the foot and the uterus (the area between the ankles in the leg and the heel)

Category

Treatment - Other

2**Description**

group: Massage of other parts of the foot or routine care

Category

Treatment - Other

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

Department of Obstetrics and Gynecology, Ahvaz Razi Hospital

Full name of responsible person

Galiya Bakhtiari Nia

Street address

Ahvaz Amaniye Department of Obstetrics and Gynecology, Razi Hospital

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http://fa.irct.ir/user/trial/28558/update/recruitment_center

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

Ahvaz University of Medical Sciences

Full name of responsible person

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Grant name**Grant code / Reference number**

دانشگاه علوم پزشکی اهواز

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Ahvaz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Other

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

Ahvaz University of Medical Sciences

Full name of responsible person

گالیا بختیاری نیا

Position

ماما

Latest degree

Bachelor

Other areas of specialty/work

Gynecology and Obstetrics

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http://fa.irct.ir/user/trial/28558/update/public_queries_contact

Person responsible for scientific

inquiries

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Bakhtiari Galiya Nia

Position

Midwife

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

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Person responsible for updating data

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Bakhtiari Galiya Nia

Position

Midwife

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

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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