

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jul 2026

The Effect of Nettle Spray on the Pain of Patients with Chronic Low Back Pain Referring to Sabzevar Orthopedic Clinic

Protocol summary

Study aim

Determination of the effect of Nettle spray on the pain of patients with low back pain referring to Orthopedic Clinic.

Design

In this study, 40 people who are referred to orthopedic clinics who are studying are selected, and randomly assigned to the intervention and control group.

Settings and conduct

The present study is a randomized clinical trial. The aim of this study was to determine the effect of nettle spray on chronic back pain in patients referred to Vaseji Hospital in Sabzevar city in 1396. In this study, 40 patients from the study population aged 40-80 years Two groups of recipients of nettle spray and routine treatment will be divided. In the intervention group, nettle spray will be used topically twice a day and twice daily, and the pain intensity will be investigated at the beginning and the end of the intervention.

Participants/Inclusion and exclusion criteria

1-Inclination to participate in research 2- Being Aware of Answering Questions 3- Having at least 40 years of age 4-Confirmation of Chronic Low Back Pain with Interview 5-having pain for more than three months

Intervention groups

A nettle spray will be given to each group of interventions. Which should be used topically twice a day for one week.

Main outcome variables

Pain, age, gender, employment status, nettle

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171217037930N1**

Registration date: **2018-03-20, 1396/12/29**

Registration timing: **retrospective**

Last update: **2018-03-20, 1396/12/29**

Update count: **0**

Registration date

2018-03-20, 1396/12/29

Registrant information

Name

Azadeh Khani

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 58 3228 1031

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-01-20, 1396/10/30

Expected recruitment end date

2018-03-18, 1396/12/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Nettle Spray on the Pain of Patients with Chronic Low Back Pain Referring to Sabzevar Orthopedic Clinic

Public title

Nettle Effect in Low Back Pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients with at least 40 years of age who have chronic back pain (more than 3 months) Inclination to participate in research Being alert for answering questions

Exclusion criteria:

Drug addiction There is a complication behind which urine spray can not be used use other therapies,such as physiotherapy,warm water bags

Age

From **40 years** old to **80 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients are randomly assigned to one of the intervention and control groups.

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 Sabzevar University of Medical Sciences

Street address

Univercity campus, The City of Tawhid Blvd, Sabzevar

City

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Province

Razavi Khorasan

Postal code

9613873136

Approval date

2017-12-06, 1396/09/15

Ethics committee reference number

IR.medsab.RCE.1396.76

Health conditions studied

1

Description of health condition studied

Low back pain

ICD-10 code

M54.5

ICD-10 code description

Low back pain

Primary outcomes

1

Description

People who have chronic pain (pain more than three months)

Timepoint

Measurement of pain at the beginning of the study and one week after the onset of nettle spray

Method of measurement

Pain Relief Tool (visual analogue pain)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In this group of net urine spray made inside the country, for one week and twice a day, it is used topically.

Category

Treatment - Drugs

2

Description

Control group: In this group, the treatment prescribed by the doctor will be used, the severity of pain will be examined at the beginning of the design and after one week.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Vasei Hospital

Full name of responsible person

Azadeh khani

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Bilvar City Tawhid, Sabzevar

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sabzevar University of Medical Sciences

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

Sabzevar 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

Sabzevar University of Medical Sciences

Full name of responsible person

Koushan Mohsen

Position

science Committee

Latest degree

Master

Other areas of specialty/work

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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