

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

Comparison of the two treatment techniques for recovery of hamstring shortness Comparative effects of US and hold relax on shortness of Hamstring

Protocol summary

khalili@sem-ums.ac.ir

Summary

The aim of the present study was to compare the effects of ultrasound and Hold relax on shortness of hamstrings. 36 boys students who had bilateral hamstring shortness (SLR<65 Degrees) were candidate for the study. After completing the consent form, the subjects were randomly assigned in one of the three groups. Groups 1 received ultrasound with stretching. Group 2 received hold relax method and group 3 was control group who received routine program. The duration of treatment programs were six days a week for a two-week period. Passive SLR and Passive knee extension were assessed and compared between groups.

Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences

Expected recruitment start date

2010-02-15, 1388/11/26

Expected recruitment end date

2010-04-15, 1389/01/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138810152995N1**

Registration date: **2010-04-24, 1389/02/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-04-24, 1389/02/04

Registrant information

Name

Mohammad Amouzadeh Khalili

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 1335 4180

Email address

Scientific title

Comparison of the two treatment techniques for recovery of hamstring shortness Comparative effects of US and hold relax on shortness of Hamstring

Public title

Comparison of the two treatment techniques for recovery of hamstring shortness

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Healthy male between 18-30 years old, SLR less than 65 degrees, signing consent form
Exclusion; Presence of orthopedic, neurologic or heart diseases, regular and professional sports

Age

From **18 years** old to **30 years** old

Gender

Male

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: 36

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The ethics committee of Semnan university of medical sciences

Street address

Semnan university of Medical Sciences, Semnan, Iran.

City

Semnan

Postal code

35131-38111

Approval date

2009-08-18, 1388/05/27

Ethics committee reference number

2/6415/Ā

Health conditions studied

1

Description of health condition studied

Musculoskeletal disorders

ICD-10 code

M95

ICD-10 code description

Other acquired deformities of musculoskeletal system and connective tissue

Primary outcomes

1

Description

maximum ROM in SLR,

Timepoint

Two months

Method of measurement

Goniometer

Secondary outcomes

empty

Intervention groups

1

Description

Group 2: Using Hold relax method on the lower limbs, during a four weeks period, three days a week, in each session applied 4 triple cycle of hold relax, each cycle was 10 sec. contraction with a five sec. rest.

Category

Rehabilitation

2

Description

Control group: routine activities.

Category

N/A

3

Description

Group 1: application of US with stretch, during a four weeks period, three days a week, each session 4 minutes US with 4 minutes stretch, the intensity of US will be set as 1 MHZ.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Tadayoun Rehabilitation Clinic, Semnan, Iran

Full name of responsible person

Dr Amouzadeh

Street address

Rajaie Street, Tadayoun Clinic, Semnan, Iran

City

Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Dr Ghorbanie

Street address

Research Office, Semnan University of Medical Sciences, Basij Road, Semnan, Iran

City

Semnan

Grant name

دانشگاه علوم پزشکی سمنان- دانشکده توانبخشی

Grant code / Reference number

278

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

Yes

Title of funding source

Semnan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Mohammad Amouzadeh Khalili

Position

Dean of faculty of Rehabilitation

Other areas of specialty/work

Street address

Faculty of Rehabilitation, Semnan University of Medical Sciences, Damghan Road, Semnan, Iran

City

Semnan

Postal code

35131-38111

Phone

+98 23 1335 4180

Fax

+98 92313354209

Email

moh35ir@yahoo.co.uk

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Mohammad Amouzadeh Khalili

Position

Dean of Faculty, Associate professor

Other areas of specialty/work

Street address

Faculty of Rehabilitation, Semnan University of Medical Sciences, Semnan, Iran

City

Semnan

Postal code

35131-38111

Phone

+98 23 1444 4395

Fax

+98 23 1335 4209

Email

khalili@sem-ums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Mohammad Amouzadeh Khalili

Position

Dean of faculty, associate professor

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Street address

Faculty of Rehabilitation, Semnan University of Medical Sciences, Semnan, Iran

City

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Phone

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Fax

+98 23 1335 4209

Email

khalili@sem-usm.ac.ir

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty