

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparison between effects of acupuncture and low level laser in the treatment of myofascial neck pain syndrome,a randomized clinical trial

Protocol summary

Summary

The purpose of this study is to compare the effects of acupuncture and low level laser in the treatment of myofascial neck pain syndrome. This is a single-blind, randomized clinical trial. We will recruit the patients that have neck pain for more than 2 months and do not have systemic diseases, radicular pain, history of fracture or surgery in the cervical spine, severe disc herniation in the previous MRI or EMG or severe degenerative changes of cervical spine in the radiography, then randomly divide them into 3 groups. Study population is 60 patients. Then tender and trigger points will be diagnosed with examination of the neck and their sensitivity is graded from 0 to 2+. Pain intensity is evaluated with VAS and quality of life with "NorthWick Park" questionnaire. Cervical ROM in frontal and sagittal levels will be evaluated with goniometer. All groups will receive routine treatments including instructions, cervical stretching and strengthening exercises and drug (pain relief and antispasmodics). Additionally, first intervention group treats with acupuncture 3weeks/2 sessions per week and second intervention group treats with low level laser 3weeks/3 sessions per week. Third group, as a control group, only receives exercise and medication. Evaluate patients in 3 stages, i.e. before, immediately after and 2 months after treatment.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201105243217N3**

Registration date: **2011-06-08, 1390/03/18**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2011-06-08, 1390/03/18

Registrant information

Name

Fariba Eslamian

Name of organization / entity

Tabriz University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

physical medicine and rehabilitation researches center, Research Chancellor of Tabriz University of Medical Sciences

Expected recruitment start date

2011-05-22, 1390/03/01

Expected recruitment end date

2012-05-21, 1391/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison between effects of acupuncture and low level laser in the treatment of myofascial neck pain syndrome,a randomized clinical trial

Public title

Comparison between effects of acupuncture and low level laser in the treatment of neck pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: having neck pain for more than 2 months and agree to participate in the study
Exclusion criteria: Systemic; infective and tumoral diseases; radicular pain; history of fracture or surgery in the cervical spine; physiotherapy or manipulation in the last month, diagnosis of severe disc herniation in the previous MRI or EMG or severe degenerative changes in the cervical spine X ray.

Age

From **25 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Chancellor for research, Tabriz University of Medical Sciences

Street address

Chancellor for research, 3rd floor, Central building number 2, Tabriz University of Medical Sciences, Golgasht Avenue, Tabriz

City

Tabriz

Postal code

51656

Approval date

2011-05-17, 1390/02/27

Ethics committee reference number

1527/4/5

Health conditions studied

1

Description of health condition studied

cervical myofascial pain syndrome

ICD-10 code

M79.7

ICD-10 code description

Other soft tissue disorders, not elsewhere classified, Fibromyalgia

Primary outcomes

1

Description

Pain

Timepoint

Before treatment, immediately after treatment and 2 months after termination of treatment

Method of measurement

Visual Analogue Scale

2

Description

Quality of life

Timepoint

Before treatment, immediately after treatment and 2 months after termination of treatment

Method of measurement

Northwick Park Questionnaire

3

Description

Cervical spine range of motion.

Timepoint

Before treatment, immediately after treatment and 2 months after termination of treatment

Method of measurement

Goniometry

4

Description

Palpation Sensitivity

Timepoint

Before treatment, immediately after treatment and 2 months after termination of treatment

Method of measurement

Examination of tender points by physician and grading 0 to 2+.

Secondary outcomes

empty

Intervention groups

1

Description

All groups receive routine treatments including instructions, cervical stretching and strengthening exercises and drug (anti-inflammatory pain relief and antispasm). Control group only treats with exercise and

drug.
Category
Rehabilitation

2

Description
First intervention group :treates with acupuncture
3weeks/2 sessions per week

Category
Rehabilitation

3

Description
Second intervention group : treates with low level laser
3weeks/3 sessions per week.

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Imam Reza Hospital

Full name of responsible person
Leila Mohammadi

Street address
Physical Medicine & Rehabilitation Ward, Imam Reza
Hospital, Golgasht Ave.Tabriz

City
Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Physical Medicine and Rehabilitation Researches
Center, Chancellor for research, Tabriz University

Full name of responsible person
Dr. Yaghoob Salek Zamani

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Physical Medicine & Rehabilitation Ward, Imam Reza
Hospital, Golgasht Ave.,Tabriz

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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

Physical Medicine and Rehabilitation Researches Center,
Chancellor for research, Tabriz University

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

Physical Medicine and Rehabilitation research Center,
Tabriz University of Medical Sciences

Full name of responsible person

Leila mohammadi

Position

Physical Medicine and Rehabilitation Resident

Other areas of specialty/work

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Position

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Other areas of specialty/work

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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