Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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 sagital 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
Iran (Islamic Republic of)
Phone
+98 41 3337 3967
Email address
eslamiyanf@tbzmed.ac.ir

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 recieve routine treatments including instructions, cervical stretching and strengthening exercises and drug(antiinfammatory pain relief and antispasm). Control group only treates 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

Street address

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

City

Tabriz

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

Street address

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

City

Tabriz

Postal code

Phone

+98 41 1446 5651

Fax

Email

Leila_mohammadii@yahoo.com

Web page address

http://www.tbzmed.ac.ir/faculties/medicine/main.htm

Person responsible for scientific inquiries

Contact

Name of organization / entity

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

Full name of responsible person

Fariba Eslamiyan

Position

Physical Medicine and Rehabilitation Specialist

Other areas of specialty/work

Street address

Tabriz University of Medical Sciences, Central building No 1, in front of Imam Reza hospital, Golgas

City

Tabriz

Postal code

51656

Phone

+98 41 1337 3967

Fax

+98 41 1337 3967

Email

eslamiyanf@tbzmed.ac.ir

Web page address

http://www.tbzmed.ac.ir/faculties/medicine/main.htm

Person responsible for updating data

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

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

City
Tabriz

Postal code

Phone
+98 41 1446 5651

Fax

Email
leila_mohammadii@yahoo.com

Web page address
http://www.tbzmed.ac.ir/faculties/medicine/main.htm

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