Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of Stimulating Massage of Knee Flexor and Extensor Muscles on Knee Joint Position Sense in Elderly

Protocol summary

Study aim
The effect of one session stimulating massage of knee flexor and extensor muscles on knee joint position sense in elderly
Design
Clinical trial with control group, Blinded, Randomized by choosing odd or even number, 20 subjects
Settings and conduct
The study is done at laboratory of Beheshty university
Participants/Inclusion and exclusion criteria
Inclusion criteria: Men The range of 65 to 80 years Independent in walking Exclusion criteria: Open wound and VAS>3 in lower limb
Intervention groups
10 minutes massage will be used as an intervention in intervention group
Main outcome variables
Absolute error and Relative error and Variable error

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20180721040536N1**
Registration date: **2018-08-21, 1397/05/30**
Registration timing: **registered_while_recruiting**

Last update: **2018-08-21, 1397/05/30**
Update count: **0**
Registration date
2018-08-21, 1397/05/30

Registrant information
Name
Mahmoud Akramzade
Name of organization / entity
Country
Iran (Islamic Republic of)
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mahmoudakramzade@sbmu.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2017-08-05, 1396/05/14
Expected recruitment end date
2018-11-21, 1397/08/30
Actual recruitment start date
2017-08-19, 1396/05/28
Actual recruitment end date
2018-12-10, 1397/09/19
Trial completion date
empty

Scientific title
The Effect of Stimulating Massage of Knee Flexor and Extensor Muscles on Knee Joint Position Sense in Elderly

Public title
The Effect of Stimulating Massage of Knee Flexor and Extensor Muscles on Knee Joint Position Sense in Elderly
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Men Age range of 65-80 years Independent in walking
Exclusion criteria:
Open wound VAS>3 in lower limb Fracture or surgery in lower limb
Age
From **65 years** old to **80 years** old
Gender
Male

Phase

1-2

Groups that have been masked

No information

Sample size

Target sample size: **20**

Actual sample size reached: **20**

Randomization (investigator's opinion)

Randomized

Randomization description

The subjects were devided in 2 groups by random by picking up odd or even number from the box that there were 10 odd and 10 even numbers in it. Even number group were in intervention group and odd number group were in control group at first week.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethic committee of Beheshty University of Medical Sciences

Street address

No. 209, Sheikh Akbari Ave., Rey City

City

Tehran

Province

Tehran

Postal code

1841936545

Approval date

2017-11-03, 1396/08/12

Ethics committee reference number

IR.SBMU.RETECH.REC.1396.572

Health conditions studied

1

Description of health condition studied

The effect of stimulating massage on knee joint position sense

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Absolute error

Timepoint

Before and After intervention

Method of measurement

Motion Analysis

2

Description

Relative error

Timepoint

Before and after intervention

Method of measurement

Motion analysis

Secondary outcomes

1

Description

Variable error

Timepoint

Before and after intervention

Method of measurement

Motion analysis

Intervention groups

1

Description

Intervention group: 10 minutes stimulating massage of knee flexor and extansor muscles, 1minutes stroking, 1min hacking, 1min cupping and 7min petrissage in one session and measuring of knee joint position sense by motion analysis SIMI-GS108PEv2 made in China(before and after massage).

Category

Treatment - Other

2

Description

Control group: 10 minutes resting without intervention and measuring of knee joint position sense by motion analysis(before and after resting).

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Park

Full name of responsible person

Mohammad Moradi

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
DR Farideh Dehghan Monshadi
Street address
Beheshty Rehabilitation Faculty., Damavand Aven., Booali Hospital
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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
Shahid Beheshti 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
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Mahmoud Akramzade
Position
Student
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Physiotherapy
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
There are not more information
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