

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jun 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)

Phone

+98 21 5592 9986

Email address

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 divided 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

Ethics 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 extensor 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

Street address

No. 209, SheikhAkbari Ave., Rey City

City

Rey

Province

Tehran

Postal code

1841936545

Phone

+98 21 5592 9986

Email

mahmoudakramzade@gmail.com

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

City

Tehran

Province

Tehran

Postal code

1841936545

Phone

+98 21 7754 8496

Email

mahmoudakramzade@gmail.com

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

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

No. 209, Sheikh Akbari Ave., Rey City

City

Tehran

Province

Tehran

Postal code

1841936545

Phone

+98 21 5592 9986

Email

mahmoudakramzade@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Mahmoud Akramzade

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

No. 209, Sheikh Akbari Ave., Rey City

City

Tehran

Province

Tehran

Postal code

1841936545

Phone

+98 21 5592 9986

Email

mahmoudakramzade@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Mahmoud Akramzade

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

No. 209, Sheikh Akbari Ave., Rey City

City

Tehran

Province

Tehran

Postal code

1841936545

Phone

+98 21 5592 9986

Email

mahmoudakramzade@gmail.com

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