Comparison the effects of acupuncture, physical modality and home based exercise training on symptoms of knee osteoarthritis

Protocol summary

Summary
Aim: to compare the effects of acupuncture, physical modality and home based exercise training on symptoms of knee osteoarthritis. Patients: all patients with knee osteoarthritis, according to American college of rheumatology (ACR) criteria, referred to the clinic of physical therapy in Firoozgar hospital, Tehran, Iran. Main inclusion criteria were knee pain lasting for 6 months or longer and age between 40-65 years. Main exclusion criteria were receiving NSAIDs during study and exacerbation of symptoms. Sixty patients with knee osteoarthritis were randomly divided into three groups (A,B and C). The acupuncture group (A) received only acupuncture at selected acupoint for knee pain; the physical modality group (B) received TENS (transcutaneous Electrical Nerve Stimulation), ultrasound and hot pack at pain areas . The exercise group (C) received isometric exercise of the knee. Each group received treatment 3 sessions per week for 4 weeks. Evaluating measurement tools were Visual Analogue Scale (VAS) for pain intensity and KOOS questionnaire for function.

General information

Acronym
IRCT registration information
IRCT registration number: IRCT138811163284N1
Registration date: empty
Registration timing: na

Last update: empty
Update count: 0
Registration date: empty

Registrant information
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Recruitment status
Recruitment complete

Funding source
Vice Chancellor for Research, Iran university of medical sciences

Expected recruitment start date
2009-04-21, 1388/02/01

Expected recruitment end date
2009-11-30, 1388/09/09

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparison the effects of acupuncture, physical modality and home based exercise training on symptoms of knee osteoarthritis

Public title
Effects of acupuncture, physiotherapy and exercise training on knee arthrosis

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria: 1-Male and female with knee pain lasting for 6 months or longer 2-Age between 40-65 years 3-Normal neurological examination 4-At least one osteophyte at tibiofemoral joint (Kellgren- Lawrence grade >2) 5-Not receiving intra articular injection from 3 months ago 6- Not consuming NSAIDs during last week before study 7-No history of knee surgery 8-No history of treatment with acupuncture 9-No history of cancer, pregnancy and secondary osteoarthritis. Exclusion criteria: 1-Low adherence to treatment 2-Receiving NSAIDs during study 3-Exacerbation of symptoms.

Age
From 40 years old to 65 years old

Gender
Both
Phase  
N/A

Groups that have been masked  
None

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  
Parallel

Other design features
Secondary Ids  
empty

Ethics committees
1

Ethics committee
Name of ethics committee  
Vice Chancellor for Research, Iran university of medical sciences
Street address  
Hemmat highway
City  
Tehran
Postal code
Approval date  
empty
Ethics committee reference number  
8512

Health conditions studied
1

Description of health condition studied  
Knee Osteoarthritis
ICD-10 code  
M17.1
ICD-10 code description  
Other primary gonarthrosis

Primary outcomes
1

Description  
pain, symptoms, and activities of daily living
Timepoint  
Before and after treatment
Method of measurement  
Koos questionnare

Secondary outcomes  
empty

Intervention groups
1

Description  
The acupuncture group (A): acupuncture at selected acupoint for knee pain, 3 sessions per week for 4 weeks
Category  
Rehabilitation

2

Description  
The physical modality group (B): TENS (transcutaneous electrical nerve stimulation), ultrasond and hot pack at pain areas, 3 sessions per week for 4 weeks.
Category  
Rehabilitation

3

Description  
The exercise group (C): isometric exercise of the knee, 3 sessions per week for 4 weeks
Category  
Rehabilitation

Recruitment centers
1

Recruitment center
Name of recruitment center  
Firoozgar hospital
Full name of responsible person  
Dr Bijan Forogh, MD
Street address  
Behafarin street
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Sponsors / Funding sources
1

Sponsor
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Vice Chancellor for Research, Iran university of medical sciences
Full name of responsible person
Dr Said Abbas Motavalian

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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
Vice Chancellor for Research, Iran 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

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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