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:
Registration timing: na

Registration date
empty

Registrant information
Name
Dr Bijan Forogh
Name of organization / entity
Iran University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone

Last update:
Update count: 0
Registration date empty

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  
City  
Tehran

Sponsors / Funding sources

1  
Sponsor  
Name of organization / entity  
Vice Chancellor for Research, Iran university of medical sciences
**Full name of responsible person**  
Dr Said Abbas Motavalian  

**Street address**  
Hemmat highway  

**City**  
Tehran  

**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**  
empty  

**Type of organization providing the funding**  
empty  

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**Person responsible for general inquiries**  

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<th>Iran university of medical sciences</th>
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<td>Full name of responsible person</td>
<td>Dr Mohammad Saleki, MD</td>
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<tr>
<td>Position</td>
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**Sharing plan**  

**Deidentified Individual Participant Data Set (IPD)**  
empty  

**Study Protocol**  
empty  

**Statistical Analysis Plan**  
empty  

**Informed Consent Form**  
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**Clinical Study Report**  
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**Analytic Code**  
empty  

**Data Dictionary**  
empty