

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

Comparing the effectiveness of magnet therapy ,acupuncture and isometric exercise in patients with chronic and moderate knee osteoarthritis.

Protocol summary

Study aim

Comparing the effectiveness of magnet therapy ,acupuncture and isometric exercise in patients with chronic and moderate knee osteoarthritis

Design

Three arm parallel group design sixty patients,non - randomised ,non blinded,clinical trial

Settings and conduct

Three groups patients ,in each group twenty patients , thorough physician's opinion and days of week that patients refer to clinic,they have divided in three groups.each group under treatment with magnet therapy ,acupuncture or isometric exercise for six weeks in physical medicine and rehabilitation clinic of baqiyatallah hospital,and before first session of treatment and two months after termination of treatment western Ontario and McMaster universities in knee osteoarthritis (WOMAC) and visual analogue scale (VAS) questionnaires were filled.

Participants/Inclusion and exclusion criteria

Inclusion Criteria:knee osteoarthritis grade 2,ROM at least 100 degree,age between 45 - 65 years,history knee osteoarthritis at least 3 years,bilateral knee osteoarthritis
Exclusion criteria:acute injury,advanced knee osteoarthritis,infection in injection site,history previous treatment such as corticosteroids,NSAIDS,supplements,magnet therapy ,acupuncture and massage in 3 -6 months ago,history febrile or infectious disease or patient s disagreement,patients with pace maker or any metal device in the body,chronic and malignant disease

Intervention groups

Three groups ,in each group twenty patients,each group under treatment with magnet therapy and isometric exercise,acupuncture and isometric exercise and isometric exercise , through physician's opinion and days of week that they have referred to clinic.patients in

isometric exercise group are in the cotrol group of this study.

Main outcome variables

pain severity,range of motion.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181017041371N1**

Registration date: **2019-01-06, 1397/10/16**

Registration timing: **retrospective**

Last update: **2019-01-06, 1397/10/16**

Update count: **0**

Registration date

2019-01-06, 1397/10/16

Registrant information

Name

Fayeze Hakimi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2252 5793

Email address

fa.hakimi@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-05-22, 1397/03/01

Expected recruitment end date

2018-10-23, 1397/08/01

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparing the effectiveness of magnet therapy ,acupuncture and isometric exercise in patients with chronic and moderate knee osteoarthritis.

Public title
Magnet therapy ,acupuncture and isometric exercise in treatment knee osteoarthritis

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Knee osteoarthritis grade 2 Range of motion knee at least 100 degree Age between 45 to 65 years old History knee osteoarthritis at least 3 years Bilateral knee osteoarthritis
Exclusion criteria:
History acute knee injury Advanced knee osteoarthritis Infection in injection site History treatment with corticosteroids,NSAIDS,supplements ,magnet therapy,acupuncture and massage in 3-6 months ago History intra-articular injection in 3-6 months ago History of infectious or febrile disease,disagreement of patients Patients with pace maker or metal device in body Chronic disease such as heart,lung,liver,renal diseases,malignant tumors,active bleeding

Age
From **45 years** old to **65 years** old

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of baqiyatallah University of medical science

Street address

Sheikh bahaei Ave,Vanak square

City

Tehran

Province

Tehran

Postal code

1435916471

Approval date

2018-04-16, 1397/01/27

Ethics committee reference number

IR.BMSU.REC.1397.051

Health conditions studied

1

Description of health condition studied

Knee osteoarthritis

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

western Ontario and McMaster universities osteoarthritis index(Womac score(knee)

Timepoint

Before initiation treatment and 2 months after termination treatment

Method of measurement

Womac score

2

Description

pain severity

Timepoint

Before initiation treatment and 2 months after termination treatment

Method of measurement

visual analogue score(VAS)

3

Description

range of motion

Timepoint

Before initiation treatment and 2 months after termination treatment

Method of measurement

Goniometer

Secondary outcomes

empty

Intervention groups

1

Description

In this study isometric exercise has been done for all patients. first group that only receive isometric exercise are control group of this study.

Category

Treatment - Other

2

Description

in patients in Intervention group1: magnet therapy with magnotherap (2 channel magnet +2 channel multi stimulator 3 session 30 minutes weekly for 6 weeks in 10th protocol magnetic device ,in 30 minutes and intensity 35 and simultaneously isometric exercise 3 sessions 30 minutes or 6 sessions 15 minutes weekly for 6 weeks has been done.

Category

Treatment - Other

3

Description

Intervention group: in patients that they are in intervention group 2 acupuncture 3 session 30 minutes weekly for 6 weeks (18 sessions 30 minutes) and simultaneously isometric exercise 3 sessions 30 minutes weekly or 6 sessions 15 minutes weekly for 6 weeks has been done. in patients who are in control group for isometric exercise 3 sessions weekly for 30 minutes or 6 sessions 15 minutes weekly for 6 weeks has been done.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Baqiyatallah hospital

Full name of responsible person

Fayeze Hakimi

Street address

Sheikh bahaei Ave., Vanak square

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Gholamhossein Alishiri

Street address

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r.bmsu@yahoo.com

Web page address

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Bagheiat-allah 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

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Fayeze Hakimi

Position

resident of physical medicine and rehabilitation

Latest degree

Medical doctor

Other areas of specialty/work

Physical Medicine

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Mahsa Asheghan

Position

Associate professor

Latest degree

Specialist

Other areas of specialty/work

Physical Medicine

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Full name of responsible person

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Position

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Latest degree

Medical doctor

Other areas of specialty/work

Physical Medicine

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Accessibility to all information is possible

When the data will become available and for how long

Immediately after published

To whom data/document is available

Everyone

Under which criteria data/document could be used

Without any limitations

From where data/document is obtainable

Fayeze Hakimi fa.hakimi@yahoo.com

What processes are involved for a request to access data/document

With email ,about 2 days

Comments