

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of self- acupressure on the pain and physical function of patients with knee osteoarthritis

Protocol summary

Study aim

1- Comparison of pain before and after intervention in two groups of intervention and control. 2- Comparison of pain intensity before and after intervention in two groups of intervention and control. 3- Comparison of dry joints before and after intervention in intervention and control groups. 4. Comparison of physical function before and after intervention in two groups of intervention and control. 5- Comparison of pre-and post-intervention drug use in both intervention and control groups.

Design

The sample size is based on Table B.12 1 for the comparison of the mean of the three independent groups (control, conventional treatment, acupressure).

Settings and conduct

Samples were collected from patients referring to the Imam Khomeini Hospital clinic as well as orthopedic clinics. Following the training, weekly follow up is done on the intervention and the results.

Participants/Inclusion and exclusion criteria

1- The severity of the pain in the knee is based on a scale of over 3. 2. Not using other complementary therapies or relaxation techniques such as yoga and relaxation and ... 3. No knee injury that prevents acupressure in that area 4. Failure to develop a disease of rheumatoid arthritis or lupus that may cause symptoms such as osteoarthritis.

Intervention groups

Patients are randomly assigned into three independent groups (control and conventional therapy and acupressure). The training is given to the intervention group during the same session in person. The acupressure training is also given to the control group, with the difference that we introduce the pressure points at a distance of 1 cm from the main points. At the end of the study, acupressure training will be given to the control group..

Main outcome variables

Acupressure; pain; pain intensity; physical function

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181217042032N1**

Registration date: **2019-03-09, 1397/12/18**

Registration timing: **registered_while_recruiting**

Last update: **2019-03-09, 1397/12/18**

Update count: **0**

Registration date

2019-03-09, 1397/12/18

Registrant information

Name

Lale Raygan

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 3337 7864

Email address

raygan.l@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-02-20, 1397/12/01

Expected recruitment end date

2019-05-22, 1398/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of self- acupressure on the pain and physical function of patients with knee osteoarthritis

Public title

The effect of acupressure on osteoarthritis

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Age group 50-70 years Diagnosis of knee osteoarthritis by orthopedics or physical medicine Sudden acute pain in the patient based on high and high scales. Not using other therapeutic or tranquil methods such as relaxation such as yoga and relaxation and ... Lack of knee injury that prevents surgical procedures in that area Non-development of rheumatoid arthritis or liposoma that shows symptoms like osteoarthritis Ability to learn and implement intervention.

Exclusion criteria:

Need surgery during intervention.

Age

From **50 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **78**

Randomization (investigator's opinion)

Randomized

Randomization description

The method of assigning intervention to individuals was randomized and random blocked blocks with a block size of 6 according to the objectives of the study, the researcher's opinion, previous studies and taking into account the parameters $\alpha = 0.01$, power = 0.9 and (low difference) The highest and most mean score of pain was calculated based on Womac = Δ and standard deviation of pain score =).

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Factorial

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

The Ethics Committee of Ahvaz Jundishapur University of Medical Sciences

Street address

No 69 ; west 17 Ave; kianpars

City

Ahvaz

Province

Khouzestan

Postal code

۶۱۵۵۸۸۷۸۸۸

Approval date

2018-10-20, 1397/07/28

Ethics committee reference number

IR.AJUMS.REC.1397.539

Health conditions studied**1****Description of health condition studied**

Knee osteoarthritis

ICD-10 code

M17

ICD-10 code description

Osteoarthritis of knee

Primary outcomes**1****Description**

Percentage of physical function of patients with knee osteoarthritis based on womak questionnaire

Timepoint

The beginning of the study; 4 weeks after the start of the study and 8 weeks after the start of the study

Method of measurement

visual Analogue Scale . Womak

Secondary outcomes**1****Description**

Patient Physical Performance Score

Timepoint

Beginning of study. 4 weeks after the start of the study and 8 weeks after the start of the study

Method of measurement

Visual Analogue Scale - Womak questionnaire

Intervention groups**1****Description**

Intervention group: In this group, acupressure intervention is taught to patients on 5 specific points around the knee and patients are asked to take interventions every day on the trained points. The assessment will be performed on the start of the study and 4 weeks after the start and 8 weeks after the start of the study.

Category

Rehabilitation

2**Description**

Intervention group: Intervention group training is also given to this group, with the difference that the acupressure points are introduced and trained by a 1 cm difference.

Category

Rehabilitation

3**Description**

Control group: This group is without training and in the same conditions as before entering this study.

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Clinic of Imam Khomeini Hospital

Full name of responsible person

Laleh Raygan

Street address

24 meters high street. Imam Khomeini Hospital

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6155887888

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Email

www.l.raygan79@gmail.com

Web page address**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Ahvaz University of Medical Sciences

Full name of responsible person

mojgan javad noory

Street address

Golestan Main Blvd. Jundishapur University

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Web page address**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Ahvaz 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**

Ahvaz University of Medical Sciences

Full name of responsible person

Laleh Raygan

Position

Senior Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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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

All data of the participants will be shared after unauthorized identification.

When the data will become available and for how long

Get started since 1400

To whom data/document is available

For researchers working in academic and scientific institutions

Under which criteria data/document could be used

If used and completed, research is available.

From where data/document is obtainable

www. l.raygan79@gmail.com

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

Approximately 2-3 weeks after receiving the email.

Comments**Person responsible for updating data****Contact****Name of organization / entity**

Ahvaz University of Medical Sciences

Full name of responsible person

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