

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 2026

Effect of exercise rehabilitation on quality of life in patients with carpal tunnel syndrome: a before-after clinical trial

Protocol summary

Study aim

To assess the effect of exercise rehabilitation on quality of life in patients with carpal tunnel syndrome

Design

This is a before-after clinical trial, in which 30 eligible patients will be enrolled.

Settings and conduct

The eligible patients with carpal tunnel syndrome who will refer to Omid Clinic in Hamadan City during the study period will be enrolled in the trial.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age of 25 to 65 year Mild to moderate carpal tunnel syndrome Exclusion criteria: Orthopedic disorders Cognitive disorders Diabetes Rheumatoid arthritis Hyperthyroidism Using any analgesic drugs A history of wrist surgery Pregnancy

Intervention groups

Intervention group: Exercise rehabilitation for 30 minutes, three times a day, f5 days a week, for 6 weeks
Control group: In comparison with before intervention

Main outcome variables

Primary outcome: Assessing the severity of pain
Assessing the severity of the disability Assessing the mood status

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120215009014N278**
Registration date: **2019-05-14, 1398/02/24**
Registration timing: **registered_while_recruiting**

Last update: **2019-05-14, 1398/02/24**

Update count: **0**

Registration date

2019-05-14, 1398/02/24

Registrant information

Name

Jalal Poorolajal

Name of organization / entity

Department of Epidemiology & Biostatistics Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 1838 0090

Email address

poorolajal@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-05-05, 1398/02/15

Expected recruitment end date

2020-03-19, 1398/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of exercise rehabilitation on quality of life in patients with carpal tunnel syndrome: a before-after clinical trial

Public title

Effect of exercise rehabilitation on quality of life in patients with carpal tunnel syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age of 25 to 65 year Mild to moderate carpal tunnel syndrome

Exclusion criteria:
Orthopedic disorders Cognitive disorders Diabetes
Rheumatoid arthritis Hyperthyroidism Using any
analgesic drugs A history of wrist surgery Pregnancy

Age
From **25 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
N/A

Randomization description
Blinding (investigator's opinion)
Not blinded

Blinding description
Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Hamadan University of Medical Sciences

Street address

Vice-chancellor for Research and Technology,
Hamadan University of Medical Sciences, Shahid
Fahmideh Ave

City

Hamadan

Province

Hamadan

Postal code

6517838695

Approval date

2019-04-27, 1398/02/07

Ethics committee reference number

IR.UMSHA.REC.1398.020

Health conditions studied

1

Description of health condition studied

Carpal tunnel syndrome

ICD-10 code

G56.0

ICD-10 code description

Carpal tunnel syndrome

Primary outcomes

1

Description

Assessing the severity of pain

Timepoint

Before and 6 weeks after the intervention

Method of measurement

Using visual analog scale (VAS)

2

Description

Assessing the severity of disability

Timepoint

Before and 6 weeks after the intervention

Method of measurement

Through physical examination

3

Description

Assessing the mood status

Timepoint

Before and 6 weeks after the intervention

Method of measurement

Using a standard questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Exercise rehabilitation for 30
minutes, three times a day, f5 days a week, for 6 weeks

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Omid Clinic in Hamadan City

Full name of responsible person

Amin Kavianifard

Street address

Omid Clinic. Shariati Ave.

City

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6517838695

Phone

+98 81 3838 0572

Email

Dr.aminkavianifard68@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Dr Saeid Bashirian

Street address

Hamadan University of Medical Sciences, Shahid Fahmideh Ave

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info.research@umsha.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Hamedan 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

Hamedan University of Medical Sciences

Full name of responsible person

Amin Kavianifard

Position

Medical Student

Latest degree

Medical doctor

Other areas of specialty/work

General Practitioner

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School of Medicine, Hamadan University of Medical

Sciences, Shahid Fahmideh Ave.

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Dr. Rashid Heidari Moghadam

Position

Sport Physiologist

Latest degree

Medical doctor

Other areas of specialty/work

Sport Medicine

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School of Public Health, Hamadan University of Medical Sciences, Shahid Fahmideh Ave.

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dr.haidari@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Dr Jalal Poorolajal

Position

Professor of Epidemiology

Latest degree

Ph.D.

Other areas of specialty/work

Epidemiology

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

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