Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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
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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

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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

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Sponsors / Funding sources

1

Sponsor
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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
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
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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