Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effect of heat treatment on pain caused by disc herniation

Protocol summary

Summary

The aim of this study was to determine the effect of heat treatment on reducing pain from a slipped disc between lumbar vertebrae in patients referred to physiotherapy, Tamine Ejtemaei hospital in Sanandaj. Thirty patients with back pain caused by disc herniation were randomly assigned into equal groups to receive moist heat (hot bag) or dry heat (infrared) for one month, three sessions a week, each time for 15 minutes. Intensity and duration of pain before and after the intervention group were measured and compared between groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138902163885N1**
Registration date: **2010-04-04, 1389/01/15**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-04-04, 1389/01/15

Registrant information

Name

Mokhtar Yaghobi

Name of organization / entity

Kurdistan University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

+98 87 1662 7636

Email address

mokhtar-yaghobi@muk.ac.ir

Recruitment status

Recruitment complete

Funding source

Research Management of Kurdistan University of Medical Sciences

Expected recruitment start date

2010-04-04, 1389/01/15

Expected recruitment end date

2010-07-21, 1389/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of heat treatment on pain caused by disc herniation

Public title

Effect of heat treatment on pain caused by disc herniation

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: at least 6 months experience of low back pain, pain due to disc herniation, lumbar canal stenosis, no other disease, ability to read and write, Exclusion criteria: non-compliance, changing current treatment, other spinal diseases, not willing to continue

Age

No age limit

Gender

Both

Phase

2

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
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Research Affairs Management and Information Science, Kurdistan University of Medical Sciences
Street address
Research Affairs Management and Information Science, Kurdistan University of Medical Sciences, pasdaran St., Sanandaj
City
Sannadj
Postal code
6617713446
Approval date
2010-03-18, 1388/12/27
Ethics committee reference number
11961پ14پ

Health conditions studied

1

Description of health condition studied
lumbar disk herniation
ICD-10 code
M51.1
ICD-10 code description
lumbar and other intervertebral disc disorder

Primary outcomes

1

Description
Incidence of pain
Timepoint
Before intervention and immediately after intervention
Method of measurement
numeric pain VAS and data record sheet

2

Description
Duration of pain
Timepoint
Before and after intervention
Method of measurement
In minutes

Secondary outcomes

1

Description
Incidence of behavioral signs of pain
Timepoint
Before and immediately after intervention
Method of measurement
observation

Intervention groups

1

Description
moist heat (hot bag) within one month, three sessions a week, 20 minutes each time
Category
Prevention

2

Description
Dry heat (infrared) for a month, three sessions a week, each time for 15 minutes
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Physiotherapy ward, Tamie Ejtemaei hospital, Sanandaj
Full name of responsible person
Mokhtar Yaghobi
Street address
Department of Operating Room, School of Nursing and Midwifery, Kurdistan University of Medical Sciences, Pasdaran St., Sanandaj
City
Sanandaj

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kurdistan University of Medical Sciences
Full name of responsible person
Mokhtar Yaghobi
Street address
Department of Operating Room, School of Nursing

and Midwifery, Kurdistan University of Medical Sciences, Pasdaran St., Sanandaj

City
Sanandaj

Grant name

Grant code / Reference number

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

Title of funding source
Kurdistan 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

Type of organization providing the funding
empty

Person responsible for general inquiries

Contact

Name of organization / entity
Kurdistan University of Medical Sciences

Full name of responsible person
Mokhtar Yaghobi

Position
Master of Science in Nursing Education - Lecturer School of Nursing and Midwifery

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty

Study Protocol
empty

Statistical Analysis Plan
empty

Informed Consent Form
empty

Clinical Study Report
empty

Analytic Code
empty

Data Dictionary
empty