# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

17 Sep 2026

## Acupuncture in Treatment of Carpal Tunnel Syndrome: A Randomized, Blind Controlled Trial

## Protocol summary

**Summary**

The aim of this trial study is to assess the short term effects of acupuncture in treatment of mild to moderate carpal tunnel syndrome. The target population is patients with mild to moderate CTS. A total of sixty four patients will be randomly assigned into control group who will receive night splinting, vitamin B1, B6 and sham acupuncture for four weeks, intervention group who will receive acupuncture in 8 sessions over 4 weeks. Acupuncture consists of 8 sessions that were 60 minutes each in duration, administrated over 4 weeks. Global symptom score will be assessed before intervention, 2 weeks and 4 weeks after the intervention. Electrophysiologic studies will be done before and four weeks after intervention.

## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT201108174242N2**
Registration date: **2011-09-24, 1390/07/02**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

**Registration date**

2011-09-24, 1390/07/02

**Registrant information**

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Najmeh Jafari

**Name of organization / entity**

Isfahan University of Medical Sciences (IUMS)

**Country**

Iran (Islamic Republic of)

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**Recruitment status**

**Recruitment complete**

**Funding source**

Isfahan University of Medical Sciences

**Expected recruitment start date**

2010-07-05, 1389/04/14

**Expected recruitment end date**

2011-09-30, 1390/07/08

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Acupuncture in Treatment of Carpal Tunnel Syndrome: A Randomized, Blind Controlled Trial

**Public title**

Acupuncture in Treatment of Carpal Tunnel Syndrome

**Purpose**

Treatment

**Inclusion/Exclusion criteria**

Inclusion Criteria: clinically diagnosed CTS confirmed by the presence of 1 or more of the following standard electrophysiological criteria : 1) prolonged distal motor latency (DML) (abnormal ≥4.2 ms); 2) prolonged antidromic distal sensory latency (DSL) to the second digit (abnormal ≥3.6 ms; 3) prolonged antidromic wrist-palm sensory nerve conduction velocity (W-P SNCV) (W-P SNCV, abnormal <40 ms) (2) Exclusion criteria: Severe degree CTS, experiencing symptoms less than 3 months, Clinical and electro diagnostic criteria of associated conditions that could mimic CTS or interfere with its evaluation, such as cervical radiculopathy, proximal median neuropathy, or significant polyneuropathy, Evidence of predisposing conditions such as pregnancy,

diabetes mellitus, rheumatoid arthritis, hypothyroidism and trauma, Unfavorable experience of acupuncture or bleeding history, Cognitive disorders, Unwillingness to participate in the present study

**Age**

From **25 years** old to **70 years** old

**Gender**

Both

**Phase**

0

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **64**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

**Placebo**

Used

**Assignment**

Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

**1**

**Ethics committee**

**Name of ethics committee**

Research Chancellor, Isfahan University of Medical Sciences

**Street address**

Hezarjerib street

**City**

Isfahan

**Postal code**

**Approval date**

2010-07-04, 1389/04/13

**Ethics committee reference number**

389393

## 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**

Global symptom score

**Timepoint**

Before intervention, 2 weeks and 4 weeks after intervention

**Method of measurement**

Interview

## Secondary outcomes

**1**

**Description**

Electrophysiologic criteria

**Timepoint**

before intervention and 4 weeks after intervention

**Method of measurement**

Electromyogram

## Intervention groups

**1**

**Description**

Intervention:intervention group will receive a acupuncture in 8 sessions over 4 weeks. (2 sessions per week). Acupuncture was done with 0.25*40 mm size gauge in fixed and classic acupuncture points (PC-7 [Daling], PC-6 [Neiguan]) for each patient.

**Category**

Treatment - Other

**2**

**Description**

Control group will receive night Splinting, vitamin B1 300mg, B6 40 mg and sham acupuncture for four weeks.

**Category**

Treatment - Other

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**

Alzahra Hospital

**Full name of responsible person**

**Street address**

**City**

Isfahan

**2**

**Recruitment center**

**Name of recruitment center**

Kashani Hospital

**Full name of responsible person**

**Street address**
**City**
Isfahan

## Sponsors / Funding sources

### 1

**Sponsor**
**Name of organization / entity**
Research chancellor, Isfahan University of Medical Sciences
**Full name of responsible person**
Dr Peyman Adibi
**Street address**
Hezarjerib street
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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**
Research chancellor, Isfahan 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

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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*