

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 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

Name

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

City

Isfahan

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

Contact

Name of organization / entity

Community medicine department

Full name of responsible person

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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