

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

Comparison of pain relief in patients with chronic neck pain treated with acupuncture and exercise therapy

Protocol summary

Summary

The aim of this study is to compare the efficacy of two acupuncture or exercise method on relief of neck pain . Inclusion criteria will be: Limited range of neck motion >6 weeks ; no treatment since 2 weeks before intervention. Exclusion criteria will be: no history of cervical surgery; no history of cervical fracture and dislocation ; absence of neurological damage or systemic disorders with contraindication in treatment of neck pain.patients will be treated in two groups randomly .In exercise group, 30 patients will do stretching exercises of cervical muscles and periscapular muscles daily and strengthening exercises of the same muscles ,3 times a week . In acupuncture group, 30 patients will receive needles in cervical region 2 sessions a week ,15 minute in each session. In both groups, duration of treatment will be 6 weeks.Patients will be evaluated before intervention and once a week during treatment and 3 months after the last session of treatment by Neck Disability Index.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201203074409N2**
Registration date: **2012-10-21, 1391/07/30**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-10-21, 1391/07/30

Registrant information

Name

Parisa Nejati

Name of organization / entity

Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 4480 0361

Email address

parisanejati@iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Science

Expected recruitment start date

2012-10-01, 1391/07/10

Expected recruitment end date

2013-03-10, 1391/12/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of pain relief in patients with chronic neck pain treated with acupuncture and exercise therapy

Public title

Accupuncture and exercise therapy for chronic neck pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Limited range of neck motion >6 weeks ; no treatment since 2 weeks before intervention
Exclusion criteria: History of cervical surgery ; cervical fracture and dislocation ; neurologic damage ; systemic disorders with contraindication in treatment

Age

No age limit

Gender

Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 60

Randomization (investigator's opinion)
Randomized

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
Tehran University of Medical Science

Street address
ghods and keshavarz street junction

City
Tehran

Postal code

Approval date
2012-09-04, 1391/06/14

Ethics committee reference number
91-2-30-17059-63808

Health conditions studied

1

Description of health condition studied
Chronic neck pain

ICD-10 code
M79.9

ICD-10 code description
Soft tissue disorder, unspecified

2

Description of health condition studied
Chronic neck pain

ICD-10 code
M47.8

ICD-10 code description
Cervical spondylosis

3

Description of health condition studied

Chronic neck pain

ICD-10 code
M79.7

ICD-10 code description
Fibromyalgia

Primary outcomes

1

Description
Neck disability

Timepoint
before intervention , once a week during intervention , 3 months after last session

Method of measurement
Neck Disability Index Questionnaire

2

Description
Neck pain

Timepoint
before intervention , once a week during intervention , 3 months after last session

Method of measurement
Visual Analog Scale 10 points

Secondary outcomes

empty

Intervention groups

1

Description
in exercise group , stretching exercise for cervical and periscapular muscles daily ,3-4 repetition for 6 weeks and strengthening exercises for cervical and periscapular muscles 3 times a week ,each session 3 set 10 repetition for 6 weeks.

Category
Treatment - Other

2

Description
accupuncture group are needed in accupuncture points and trigger points in cervical , 2 sessions a week for 6 weeks .each session is 15 minutes .

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Rasoul Akram Hospital

Full name of responsible person

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Science

Full name of responsible person

Tehran University of Medical Science

Street address

Tehran University of Medical Science , junction of
Keshavarz street and Ghods street

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran University of Medical Science

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

Rasoul Akram Hospital

Full name of responsible person

Parisa Nejati

Position

Assistant Professor of Sports Medicine/specialist

Other areas of specialty/work

Street address

Sports Medicine Department , 8 th floor , Rasoul
Akram Hospital , Niayesh Street , Satarkhan Street ,
Tehran

City

Tehran

Postal code

Phone

+216 4352446

Fax

Email

Parisanejati@yahoo.com , p-nejati@sina.tums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Rasoul Akram Hospital

Full name of responsible person

Parisa Nejati

Position

Spotsr Medicine Specialist

Other areas of specialty/work

Street address

Sports Medicine Department , 8 th floor , Rasoul
Akram Hospital , Niayesh Street , Satarkhan Street ,
Tehran

City

Tehran

Postal code

Phone

+216 4352446

Fax

Email

parisanejati@yahoo.com , p-nejati@sina.tums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Tehran University of Medical Science

Full name of responsible person

Parisa Nejati

Position

Sports Medicine Specialist/ Asistant Professor

Other areas of specialty/work

Street address

Sports Medicine Assessment Department , 8th floor ,
Rasoul Akram Hospital , Niayesh Street , Satarkhan
street

City

Tehran

Postal code

Phone

+98 21 6435 2446

Fax

Email

Parisanejati@yahoo.com p-nejati@sina.tums.ac.ir

Web page address

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