

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jul 2026

The Effect of Cupping on Pain and Hand Force in Carpal Tunnel Syndrome's Patients

Protocol summary

Study aim

The Effect of Cupping on Pain and Force of Hand in Carpal tunnel Syndrome

Design

Randomized trial with control group, parallel and block randomization on 60 patients.

Settings and conduct

This research will be done on 60 patients with Carpal Tunnel Syndrome who refer to sports medicine clinic in Imam Hossein hospital. Patients will be divided into 2 groups: control group will be treated by splint and exercise and intervention group will be treated by splint, exercise and cupping on the side of Carpal Tunnel. Pain, hand force and quality of life will be measured before and after study. Pain will be measured by VAS score, hand force will be tested by hand-gripe dynamo-meter and quality of life will be measured by Boston Carpal Tunnel Questioner (BCTQ).

Participants/Inclusion and exclusion criteria

All patients with mild or moderate Carpal Tunnel that candidate for conservative therapy can entrance; Patient with sever type can't entrance

Intervention groups

Control group will be treated by splint and exercise. Intervention group will be treated by splint, exercise and cupping.

Main outcome variables

Pain and hand force

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200419047130N1**

Registration date: **2020-05-02, 1399/02/13**

Registration timing: **registered_while_recruiting**

Last update: **2020-05-02, 1399/02/13**

Update count: **0**

Registration date

2020-05-02, 1399/02/13

Registrant information

Name

Seyedeh Mohadeseh Taheri Otaghsara

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2260 3849

Email address

smtaheri@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-04-26, 1399/02/07

Expected recruitment end date

2020-09-21, 1399/06/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Cupping on Pain and Hand Force in Carpal Tunnel Syndrome's Patients

Public title

"Effect of Cupping in Carpal Tunnel Syndrome"

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

All Patients With Mild or Moderate Type of Carpal Tunnel

Syndrome

Exclusion criteria:

All patients With Sever Type of Carpal Tunnel Syndrome

Age

From **18 years** old to **70 years** old

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

We will create quadruple blocks to assign patients equally in groups. The block size will be 4, so we will make 6 possible sequences including: abab, bbaa, aabb, baab, abba, baba and we will select the order of blocks randomly using software (a means intervention group and b means control group).

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

Ethics committee of Shahid Beheshti University of Medical Science

Street address

Shahid Chamran HWY., Yaman Ave.

City

Tehran

Province

Tehran

Postal code

1985717443

Approval date

2019-05-07, 1398/02/17

Ethics committee reference number

IR.SBMU.MSP.REC.1398.087

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

Pain scale with Visual Analogue Scale

Timepoint

Before and after intervention (6 weeks later)

Method of measurement

Visual Analogue Scale

2

Description

Hand gripe force

Timepoint

Before and after intervention (6 weeks later)

Method of measurement

Hand-gripe Dynamo-meter

Secondary outcomes

1

Description

Quality of life scale

Timepoint

Before and after intervention (6 weeks later)

Method of measurement

Boston Carpal Tunnel Questionnaire

Intervention groups

1

Description

Intervention group: Patients use cupping device(Beijing kangzho baganq) that made in China. Diagonal length of cup depends the patient will be 30% to 50% of ventral surface of the wrist. Cup use for 20 minutes every session and twice a week for 5 weeks. All patient have to use cock up splint during night and do exercise (Tendon and Nerve Gliding). They must do exercise for 5 seconds, 10 repetitions, 2 sets and every day. Pain, hand force and quality of life measure before and 6 weeks after the beginning of the study.

Category

Treatment - Devices

2

Description

Control group:patients have to use cock up splint during night and do exercise (Tendon and Nerve Gliding). They must do exercise for 5 seconds, 10 repetitions, 2 sets and every day. Pain, hand force and quality of life

measure before and 6 weeks after the beginning of the study.

Category

Treatment - Devices

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Hossein Hospital

Full name of responsible person

Shahin Salehi

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Shahid madani Ave., Imam Hossein Hospital

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Afshin Zarghi

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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

Shahid Beheshti 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

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Seyedeh Mohadeseh Taheri Otaghsara

Position

Assistant

Latest degree

Medical doctor

Other areas of specialty/work

Sport Medicine

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Person responsible for scientific inquiries

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Name of organization / entity

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Fax**Email**

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