Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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
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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.

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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 Hospial

Full name of responsible person
Shahin Salehi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Full name of responsible person
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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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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