

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Aug 2026

Effect of accupuncture on pain and quality of life in canal stenosis

Protocol summary

Summary

Neurogenic claudication is a complex of symptoms that are caused by degenerative stenosis of spinal canal and inflammatory and biochemical factors that cause pain. Symptoms include pain in both lower extremities and buttock that is aggravated by walking and standing and is alleviated by sitting. Primary treatment is non surgical and includes anti-inflammatory drugs, physical therapy, bracing and epidural steroid injections. Many patients continue to have the symptoms despite these treatments and may become debilitated. Acupuncture is an alternative method that its analgesic effect has been proved in many studies. In study that has been performed in Japan acupuncture and electro acupuncture had been effective in decreasing pain in canal stenosis patients. A pilot study by Dr Hadianfar in 6 patients had good results. Of course method of needle insertion and duration in which needles stay is important. In this study 24 patients with proved canal stenosis by MRI or electro diagnosis underwent 10 episodes of acupuncture and pain and quality of life was evaluated before and after intervention and six weeks later by VAS (visual analogue scale) and SF-36 The acupoints used were: BL-23, BL-25, BL-26, BL-37, BL-40, BL-54, BL-57, DU-20, BL-60, DU-3, DU-4, LI-4

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138905104450N1**
Registration date: **2010-09-04, 1389/06/13**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-09-04, 1389/06/13

Registrant information

Name

Ali Aminlari

Name of organization / entity

Shiraz university of medical science

Country

Iran (Islamic Republic of)

Phone

+98 71 1626 5134

Email address

aminlaria@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research

Expected recruitment start date

2009-09-01, 1388/06/10

Expected recruitment end date

2010-09-01, 1389/06/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of accupuncture on pain and quality of life in canal stenosis

Public title

Effect of accupuncture on pain and quality of life in canal stenosis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Neurogenic claudication attributed to canal stenosis that hasn't responded to drugs or physiotherapy in recent six months. Exclusion criteria: Diabetes mellitus, very severe disease and acute stage that needs surgery

Age

To **75 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **24**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz university of medical science

Street address

Zand ave

City

Shiraz

Postal code

713004846374

Approval date

2010-03-14, 1388/12/23

Ethics committee reference number

CT-88-1557

Health conditions studied

1

Description of health condition studied

Lumbar canal stenosis

ICD-10 code

M99.3; cat

ICD-10 code description

Lumbar Osseous stenosis of neural canal

Primary outcomes

1

Description

Pain

Timepoint

before and after intervention and 6 weeks later

Method of measurement

Visual analogue scale

Secondary outcomes

1

Description

Quality of life

Timepoint

Before and after intervention and 6 weeks later

Method of measurement

SF-36 questionnaire

Intervention groups

1

Description

acupuncture- 10 sessions in following
accupoints:BL-23,BL-25,BL-26,BL-37,BL-40,BL-54,BL-57,,
DU-20 BL-60,DU-3,DU-4,LI-4 Each session takes 30
minutes

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Department of physical medicine and rehabilitation -
medical school- Shiraz university of medical sci

Full name of responsible person

Ali Aminlari

Street address

zand Ave-Faghihi hospital

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz university of medical sciences- Vice chancellor
for research

Full name of responsible person

Dr Dabbaghmanesh

Street address

Zand Ave- shiraz university of medical science

City

Shiraz

Grant name

فصل دوم برنامه تحقیقاتی

Grant code / Reference number

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

Yes

Title of funding source

Shiraz university of medical sciences- Vice chancellor for research

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

Shiraz university of Medical sciences-colleague of medicine-Department of physical medicine and rehabi

Full name of responsible person

Ali Aminlari

Position

resident

Other areas of specialty/work

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Person responsible for scientific inquiries

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Full name of responsible person

Mohammad Javad Hadianfard

Position

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Other areas of specialty/work

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Position

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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