

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of Swedish massage on knee osteoarthritis

Protocol summary

Summary

This study set out to examine the effects of Swedish massage on knee Osteoarthritis. This study is a randomized controlled trial of massage therapy for knee OA. A total of 46 adults (females aged at least 35 years) with knee OA were participated in this study. They were randomized in one of the two experimental treatment groups include standard treatment (ultrasound, infrared, Analgesic stimulation, and strengthening exercise for quadriceps) with Swedish massage and control group who received standard treatment. The pain and quality of life were evaluated by VAS and WOMAC scale before and after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201008114549N1**
Registration date: **2010-10-31, 1389/08/09**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-10-31, 1389/08/09

Registrant information

Name

Elham Fatemy

Name of organization / entity

Semnan University Medical Sciences

Country

Iran (Islamic Republic of)

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+98 23 1335 4180

Email address

fatemy@sem-ums.ac.ir

Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences

Expected recruitment start date

2008-04-01, 1387/01/13

Expected recruitment end date

2008-09-20, 1387/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Swedish massage on knee osteoarthritis

Public title

The effect of Swedish massage on knee osteoarthritis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: woman with knee osteoarthritis, aged at least 35 years of age and had at least 5 from VAS pain assessment scale Exclusion criteria: presence of other musculoskeletal and medical condition that affect the knee, use of oral corticosteroids within the past 4 weeks, intra-articular knee depocorticosteroids within the previous 3 months, or intra-articular hyaluronate within the previous 6 months; arthroscopy of the knee within the previous year; significant injury to the knee within the previous 6 months; or a rash or open wound over the knee

Age

From **35 years** old to **70 years** old

Gender

Female

Phase

1

Groups that have been masked

No information

Sample size

Target sample size: 46

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

Semnan University of Medical Sciences

Street address

Kilometer 5 of Damghan road

City

Semnan

Postal code

3513138111

Approval date

2009-12-14, 1388/09/23

Ethics committee reference number

12809/2/Ā

Health conditions studied

1

Description of health condition studied

Osteoarthritis

ICD-10 code

M15, M19

ICD-10 code description

Arthrosis

Primary outcomes

1

Description

Pain

Timepoint

before and after intervention

Method of measurement

VAS scale

2

Description

Quality of life

Timepoint

before and after intervention

Method of measurement

womac scale

Secondary outcomes

empty

Intervention groups

1

Description

Control group: ultrasound: 0/5-1/5w/cm², 5 minutes in medial and lateral joint line that gradually was increased.

Trans-cutaneous electrical nerve stimulation: pulse duration 200-600msec, frequency 5-10 HZ, 20 minutes

Infrared: 20 minutes strengthening exercises for quadriceps

Category

Rehabilitation

2

Description

Intervention group: ultrasound: 0/5-1/5w/cm², 5 minutes in medial and lateral joint line that gradually was increased.

Trans-cutaneous electrical nerve stimulation: pulse duration 200-600msec, frequency 5-10 HZ, 20 minutes

Infrared: 20 minutes strengthening exercises for quadriceps as well as Swedish massage: tapping, petrissage, traction, Eflurage, 20 minutes

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

physiotherapy centers of Semnan University rehabilitation faculty

Full name of responsible person

Elham Fatemy

Street address

Semnan University of Medical Sciences and Health Services

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan university of Medical Sciences and Health Services

Full name of responsible person

Dr Mohammad Faranoush

Street address

Semnan University of Medical Sciences and Health Services

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Semnan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Semnan university of Medical Sciences and Health Services

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**

Semnan University of Medical Sciences and Health Services

Full name of responsible person

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Instructor

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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