

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

Clinical trial to evaluate effect of extract of Stoechas Lamiaceae in EMG-NCV criteria of patients with mild to moderate carpal tunnel syndrome

Protocol summary

Summary

(1) Objective: The aim of this study is to review Effect of extract of Stoechas Lamiaceae on mild and moderate carpal tunnel syndrome. (2) Design: In this study, 60 patients with mild to moderate carpal tunnel syndrome which their disease was confirmed by physical medicine and rehabilitation specialist will be included in the study after qualifying the inclusion and exclusion criteria and obtaining the informed consent. (3) Setting and conduct: Patients will be randomly divided to groups of thirty. For randomization we will use computerized randomization with Excel software. Inclusion criterion is clinical and electrodiagnostic demonstration of mild to moderate carpal tunnel syndrome. Exclusion criteria are clinical and electrodiagnostic severe carpal tunnel syndrome, history of trauma or fracture of the wrist, history of surgical release of nerve, signs of cervical radiculopathy in C6 - C7, systemic diseases such as neuropathies, rheumatoid arthritis, hypothyroidism, diabetes mellitus and renal failure. (4) Interventions: In intervention group wrist splint and stoechas lamiaceae extract two times a day will be administered for four weeks. On the other hand in control group wrist splint and placebo will be administered for four weeks. Patients in both groups will receive 25 mg Diclofenac tablet two times a day. They also will be advised to avoid doing severe activities with their hand. (5) Main outcome measures: Boston questionnaire score, hand forces and EMG-NCV findings will be evaluated before initiating the protocol and after finalizing the study at the end of the third week.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201502244641N10**

Registration date: **2015-08-23, 1394/06/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-08-23, 1394/06/01

Registrant information

Name

Bina Eftekharsadat

Name of organization / entity

Tabriz university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 1330 3193

Email address

binasadat@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Physical medicine and rehabilitation researches center

Expected recruitment start date

2014-06-22, 1393/04/01

Expected recruitment end date

2015-06-22, 1394/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Clinical trial to evaluate effect of extract of Stoechas Lamiaceae in EMG-NCV criteria of patients with mild to moderate carpal tunnel syndrome

Public title

Effect of extract of Stoechas Lamiaceae on mild and moderate carpal tunnel syndrome

Purpose

Treatment

Inclusion/Exclusion criteria
Inclusion criterion: Clinical and electrodiagnostic demonstration of mild to moderate carpal tunnel syndrome. Exclusion criteria: Clinical and electrodiagnostic severe carpal tunnel syndrome; history of trauma or fracture of the wrist; history of surgical release of nerve; signs of cervical radiculopathy in C6 - C7; systemic diseases such as neuropathies, rheumatoid arthritis, hypothyroidism, diabetes mellitus and renal failure; collagen vascular diseases; skin allergies; age<15 and age>60

Age
From **15 years** old to **60 years** old

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Tabriz University of Medical Sciences

Street address
Ethics committee, Tabriz University of Medical Sciences, Golgasht Street, Azadi Street, Tabriz

City
Tabriz

Postal code

Approval date
2013-01-07, 1391/10/18

Ethics committee reference number
91167

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

EMG-NCV criteria

Timepoint

Before study and after it

Method of measurement

By using EMG-NCV device

Secondary outcomes

empty

Intervention groups

1

Description

In intervention group wrist splint and stoechas lamiaceae extract two times a day will be administered for four weeks.

Category

Treatment - Drugs

2

Description

In control group wrist splint and placebo will be administered for four weeks.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Shohada Hospital

Full name of responsible person

Dr. Bina Eftekharsadat

Street address

Department of Physical Medicine and rehabilitation, Shohada hospital, Gholshahr, El Gholi street, Tabriz

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Physical medicine and rehabilitation researches center

Full name of responsible person

Dr. Vahideh Toopchizade

Street address

Department of Physical Medicine and rehabilitation,
Imam Reza Hospital, Daneshgah Square, Tabriz

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Physical medicine and rehabilitation researches center

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

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Full name of responsible person

Shervin Torabi

Position

Medicine student

Other areas of specialty/work

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Position

Associate professor of Physical Medicine & rehabilitation

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Full name of responsible person

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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