

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

A comparative Study of Acupressure and Knee-Chest position in correction of Breech presentation in pregnant women: clinical trial

Protocol summary

Study aim

Comparison of the effect of knee-chest position and acupressure in correction of breech presentation and determining the effect of demographic variables (age, education, height, weight, number of pregnancies, number of deliveries, number of abortions, exercise, economic status, job status and sex of the fetus) on knee-chest position or acupressure on the correction of breech presentation

Design

Samples will be assigned to the study groups randomly with the help of six blocks. Randomization will be done secretly; This means that 120 envelopes are prepared in a package and each code A, B and C is placed. After explaining the purpose of the study and obtaining the informed consent of the client, one of the desired envelopes will be removed in the specified order and action will be taken based on the group registered in the envelope.

Settings and conduct

health centers affiliated to Shahrood University of Medical Sciences and the office for obstetricians and gynecologists in the city.

Participants/Inclusion and exclusion criteria

Primi gravida mothers or pregnant women with a history of normal vaginal delivery who have a breech sonography at the age of 32 to 35 weeks.

Intervention groups

The acupressure group, for 14 days between 32 and 35 weeks of pregnancy, BL67 will be performed daily for 20 minutes (10 minutes of pressure on each leg). each period will include 10 seconds of pressure and 2 seconds of rest. In the group of knee-chest position for 14 days between weeks 32 to 35, 3 times a day (morning, Noon and night before bed) and each time for 10 to 15 minutes in the knee-chest position. People in the control group will only receive routine pregnancy care at 32 to 35 weeks. After 14 days from the beginning of the intervention, a person is asked to return to the research

environment to perform an sonography to determine the presentation.

Main outcome variables

Change the breech presentation

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20130120012198N6**

Registration date: **2021-03-16, 1399/12/26**

Registration timing: **registered_while_recruiting**

Last update: **2021-03-16, 1399/12/26**

Update count: **0**

Registration date

2021-03-16, 1399/12/26

Registrant information

Name

Mahdieh Kiani

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 17 3327 3594

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-03-05, 1399/12/15

Expected recruitment end date

2021-11-06, 1400/08/15

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
A comparative Study of Acupressure and Knee-Chest position in correction of Breach presentation in pregnant women:clinical trial

Public title
Comparison of acupressure and knee brace position in correcting breech presentation

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Primi gravida women and pregnant women with a history of normal vaginal delivery Age 18 years and above Gestational age: 32 to 35 weeks based on the first sonography or the first day of the last menstrual period Proof of Breech presentation with sonography confirmation Single pregnancy Lack of prior experience in the use of acupressure
Exclusion criteria:
Pelvic defects Previous uterine surgery Uterine abnormalities Uterine fibroma with a diameter of more than 4 cm Presence of fetal abnormalities Twin pregnancy Tocolytic therapy during pregnancy Risk of preterm labor (short cervix and cerclage, etc.) High risk pregnancy (such as intrauterine growth retardation, placenta previa, polyhydramnios, oligohydramnios) Ensure that the intervention is not correctly performed by the samples or is not continuous

Age
From **18 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **120**

Randomization (investigator's opinion)
Randomized

Randomization description
The samples will be assigned to the study groups randomly with the six blocks and Persons will be assigned to three groups B, A, and C. Randomization will be done secretly; This means that 120 envelopes are prepared in a package and each code A, B and C is placed. After explaining the purpose of the study and obtaining the informed consent of the client, one of the envelopes will be removed in the specified order and action will be taken based on the group registered in the envelope.

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 Shahroud University of Medical Sciences

Street address

7 Tir Square

City

Shahroud

Province

Semnan

Postal code

۳۶۱۴۷-۷۳۹۴۷

Approval date

2021-02-15, 1399/11/27

Ethics committee reference number

IR.SHMU.REC.1399.169

Health conditions studied

1

Description of health condition studied

Breach presentation

ICD-10 code

O32.1

ICD-10 code description

Maternal care for breech presentation

Primary outcomes

1

Description

Change the breech presentation

Timepoint

14 days

Method of measurement

Sonography

Secondary outcomes

empty

Intervention groups

1

Description

In the intervention group, on the first day of the study,

after completing a researcher-made questionnaire; Acupressure is performed on the BL67 spot (located on the outer corner of the small toe nail). The intervention is performed on a daily basis for 20 minutes (10 minutes on each leg) at any time of the day and in any situation where the pregnant mother feels comfortable. Each intervention period includes 10 seconds of pressure and 2 seconds of rest. All research samples are requested to go to doing sonography for 2 weeks later

Category

Other

2

Description

Category

empty

3

Description

Intervention group: Knee-chest position should be done for 32 days in 32-35 weeks of pregnancy for 14 days, 3 times a day (morning before getting out of bed with a full bladder, noon and night before bed) for 10-15 minutes. The mother is advised to do this on an empty stomach and write down the condition and time. All research samples are requested to go to doing sonography for 2 weeks later

Category

Other

4

Description

Control group: The research samples complete the researcher-made questionnaire on the first day of the study and after that, they receive only routine pregnancy care and All research samples are requested to go to doing sonography for 2 weeks later.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Hospital Clinic Bahar

Full name of responsible person

Foladi Mojtaba

Street address

Hospital Clinic Bahar, 22 Bahman Avenue, City Shahroud, State Semnan, Country Iran

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+98 23 3222 7608

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2

Recruitment center

Name of recruitment center

Private office of Dr. Kolahdoozan

Full name of responsible person

Kolahdoozan Sakine

Street address

The Shafa Building of Physicians, 22 Bahman Avenue, City Shahroud, State Semnan, Country Iran

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sakolahdoozan@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahroud University of Medical Sciences

Full name of responsible person

Mohammad Hassan Emamian

Street address

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Semnan

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emamian@shmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahroud 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

Shahroud University of Medical Sciences

Full name of responsible person

Azam Hamidzadeh

Position

Faculty of member

Latest degree

Master

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Position

Faculty of member

Latest degree

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Other areas of specialty/work

Midwifery

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Person responsible for updating data

Contact

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Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available