

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 2026

Investigating the effect of physical therapy manual techniques (visceral manipulation) on uterine endometrial thickness, pain and investigating the quality of sexual function in women in women with endometrial thickness less than 7 mm

Protocol summary

Study aim

The use of physiotherapy in the treatment of patients with symptoms of pain and infertility and sexual disorders in women with endometrial thickness less than 7 mm

Design

A clinical trial with a control group, double-blind, randomized on 40 patients, rand function of Excel software was used for randomization.

Settings and conduct

Conducted in a private clinic, patients are included in the study with the approval of the associate doctor, the physiotherapist is asked to check the sacroiliac joint alignment so that if the joint alignment of the patients is normal, the patients are included in the study. An individual consent form is received from the patients and they are told that they can be excluded from the study if they do not want to cooperate. They are entered randomly in the intervention and control groups, and manual techniques on the uterus and abdomen are performed in the intervention group and routine physical therapy is performed in the control group. After the completion of the treatment, the patients are again evaluated by ultrasound on the third to sixth day, and the form of pain and sexual function completes اطلاعات بیشتر درباره این نوشتار مبدأ برای اطلاعات ترجمه بیشتر، نوشتار مبدأ لازم است ارسال بازخورد پانلهای کناری

Participants/Inclusion and exclusion criteria

Patient with thin endometrium ,not pregnant ,not malignant,

Intervention groups

Performing physical therapy manual techniques on abdominal muscles and receiving vitamin E in patients and the control group receiving vitamin E and routine physical therapy

Main outcome variables

Thickness of uterus endometrium,pain and sexual function

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220520054928N1**

Registration date: **2022-10-29, 1401/08/07**

Registration timing: **retrospective**

Last update: **2022-10-29, 1401/08/07**

Update count: **0**

Registration date

2022-10-29, 1401/08/07

Registrant information

Name

Hanyeh Habibi

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 21 6606 7281

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-08-19, 1401/05/28

Expected recruitment end date

2022-09-19, 1401/06/28

Actual recruitment start date

empty
Actual recruitment end date
empty
Trial completion date
empty
Scientific title
Investigating the effect of physical therapy manual techniques (visceral manipulation) on uterine endometrial thickness, pain and investigating the quality of sexual function in women with endometrial thickness less than 7 mm

Public title
Physiotherapy in thin endometrium
Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria:
Thickness of endometrium is lesser than 7mm Patient is married
Exclusion criteria:
Non malignancy Not pregnant

Age
From **20 years** old to **45 years** old

Gender
Female

Phase
3

Groups that have been masked

- Investigator
- Data analyser

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
Randomization by block

Blinding (investigator's opinion)
Single blinded

Blinding description
physical therapist

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of the University of Rehabilitation Sciences and Social Health
Street address

Kodakyar Ave., Daneshjo Blvd., Evin,
Velenjak.Tehran.Iran

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Province
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Postal code
145443564

Approval date
2022-05-20, 1401/02/30

Ethics committee reference number
IR.USWR.REC.1401.028

Health conditions studied

1

Description of health condition studied
Thin uterus endometrium

ICD-10 code
N71.9

ICD-10 code description
Inflammatory disease of uterus, unspecified

Primary outcomes

1

Description
Uterine endometrial thickness in women with endometrial thickness less than 7 mm

Timepoint
Assessment in days of 3_6 in peroid cycle

Method of measurement
Sonography, visual analogue scale ,and form of sexual dysfunction

2

Description
pain higher than score five in visual pain measurement

Timepoint
At the beginning of the study and after the completion of treatment

Method of measurement
Visual analogue scale

3

Description
Investigating the quality of women's sexual performance using a sexual performance questionnaire

Timepoint
At the beginning of the study and after the completion of treatment

Method of measurement
Questionnaire form for assessing the quality of women's sexual performance

Secondary outcomes

1

Description

Endometrial thickness, and investigating the effect of physiotherapy in gynecological diseases and infertility

Timepoint

Post of treatment in 3_6days of perid

Method of measurement

Sonography,

Intervention groups

1

Description

Control group: vitamin E group of patients are randomly divided into intervention and control groups, there are twenty people in each group. In both control and treatment groups, vitamin E400 is taken orally twice a week. In addition to vitamin E, the intervention group also receives visceral manipulation techniques. In the intervention group, visceral manipulation techniques are used to treat patients. The number of treatment sessions is eight sessions for ten days, each session is 45 minutes. Each technique is performed 3 to 5 times in each session. After completing the treatment, the patients are evaluated again after two weeks of follow-up.

Category

Treatment - Other

2

Description

Intervention group: Intervention group: In addition to vitamin E, visceral manipulation techniques are also performed in the intervention group. In the intervention group, visceral manipulation techniques are used to treat patients. The number of treatment sessions is eight sessions for ten days, each session is 45 minutes. Each technique is performed 3 to 5 times in each session. After completing the treatment, the patients are evaluated again after two weeks of follow-up.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Personal clinic

Full name of responsible person

Dr .Zahra Mossallanezad

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No 19, Tofigh Alley ,Vandad clinic, Zaferanieh

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

Dr Amir Masoud Arab

Street address

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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

University of social welfare and rehabilitation 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

University of social welfare and rehabilitation sciences

Full name of responsible person

Zahra Mosslanezhad

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

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Person responsible for updating data**Contact****Name of organization / entity**

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Position

MScs student

Latest degree

Bachelor

Other areas of specialty/work

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Document with out name and number

When the data will become available and for how long

Start in six months after end of research

To whom data/document is available

University and academic research

Under which criteria data/document could be used

Use od analysis process

From where data/document is obtainable

USWR university

What processes are involved for a request to access data/document

Resquated in USWR.university

Comments