

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

The effect of Yu Mi Ho therapy massage on pain, proprioception, range of motion of the back and shoulders in men with back pain caused by trigger point

Protocol summary

Study aim

Determining the effect of Yo Mi Ho therapy massage on pain, proprioception, back and shoulder range of motion in men with trigger point back pain.

Design

This research will have an intervention group and a control group, without blinding, randomized, on 30 people. Randomization will be done using the ball and box method without replacement.

Settings and conduct

The research is in the form of a pre-test and post-test design, semi-experimental and applied. The study will be conducted on men with back pain caused by trigger points in Isfahan city, Isfahan province.

Participants/Inclusion and exclusion criteria

The presence of a hidden trigger point in the back area.
Male gender

Intervention groups

A total of 15 people will have a Yo Mi Ho therapy program for 6 weeks (3 sessions per week and 30 minutes each session), which will be applied to the back area and trigger points. Yu Mi Ho massage is a combination of massage, pressure, rubbing and opening or stretching of the connective tissue, which will be done by hand movements on specific points. During this period, massage is not applied to the control group. After the end of the course, the pain level and range of motion will be evaluated again in the groups.

Main outcome variables

Knowledge of the effect of Yo Mi Ho therapy massage on pain, proprioception, back and shoulder range of motion in men with trigger point back pain.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220830055832N1**

Registration date: **2022-09-19, 1401/06/28**

Registration timing: **prospective**

Last update: **2022-09-19, 1401/06/28**

Update count: **0**

Registration date

2022-09-19, 1401/06/28

Registrant information

Name

Reza Samadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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reza.samadi@khuisf.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-09-24, 1401/07/02

Expected recruitment end date

2022-11-03, 1401/08/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Yu Mi Ho therapy massage on pain, proprioception, range of motion of the back and

shoulders in men with back pain caused by trigger point

Public title
The effect of Yu Mi Ho therapy massage on men with back pain caused by trigger points.

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
The presence of a hidden trigger point in the back area
Male gender
Exclusion criteria:
Manifestation of the trigger point in the back area
The presence of pain that prevents massage
The presence of damage in the shoulder joint
Neuralgic injuries of the back area

Age
From **20 years** old to **35 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
In this study, we will use the limited randomization method for all study groups with equal sample size, and among the types of limited randomization methods, we will use the assigned law randomization to achieve a balance in the number of people assigned to the study groups. . First, we write the names of 30 people from the samples on the ball and put them in the box. We remove the balls from the box at random and without replacement. The 15 balls that we took out of the box at the beginning are called the intervention group and the 15 balls that are left are called the control group. Since it is not possible to reveal the random sequencing and to know the next assignment, concealment will not be performed.

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

Ethical Committee of Isfahan Azad University (Khorasgan)
Street address
University Blvd, Arghvanieh, East J St., Esfahan
City
Esfahan
Province
Isfahan
Postal code
815513999813
Approval date
2022-05-30, 1401/03/09
Ethics committee reference number
IR.IAU.KHUISF.REC.1401.089

Health conditions studied

1

Description of health condition studied

trigger point

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Back pain

Timepoint

The beginning of the study (before the intervention) and 6 weeks after that.

Method of measurement

A pain ruler will be used to determine the amount of back pain when pressing the trigger point. It is like a line 100 mm long, where the number zero indicates the absence of pain and the number 10 indicates the maximum amount of pain. According to the amount of pain they have had in the past 24 hours, the subjects draw a line around the stickers that are on the ruler and express the intensity of the pain, then by measuring the desired point, the intensity of the pain is measured in millimeters. . Numbers in the range of 0-10 mm indicate no pain, 10-30 mm indicate mild pain, 40-60 mm indicate moderate pain, and 70-100 mm indicate severe pain.

2

Description

Dorsiflexion range of motion

Timepoint

The beginning of the study (before the intervention) and 6 weeks after that.

Method of measurement

Schuber's test will be used to evaluate the dorsiflexion range of motion. First, the shock appendage of the seventh cervical vertebra is marked, and then the shock appendage of the last dorsal vertebra is identified and this distance is measured with a tape measure. Then, the person will be asked to do spinal flexion and this distance will be measured again. In this case, the

distance obtained in the standing position will be subtracted and the final measurement will be recorded.

3

Description

Internal rotation range of motion

Timepoint

The beginning of the study (before the intervention) and 6 weeks after that.

Method of measurement

In this measurement, the patient is placed lying on his back. The hand whose range of internal rotation should be measured is placed in the position of 90 degrees of shoulder abduction and 90 degrees of elbow flexion. To neutralize the arm and prevent extra movements in the shoulder joint, a folded towel is placed under the person's arm and the lower part of the arm is kept steady. Layton's flexometer is tightly and closed to the outer middle part of the forearm and one of its plates is locked. The arm on the opposite side is also placed freely next to the body. In this case, the person's forearm actively moves down as far as possible, and at the end of the range of motion, the other Eton indicator is locked. The obtained size is recorded.

4

Description

External rotation range of motion

Timepoint

The beginning of the study (before the intervention) and 6 weeks after that.

Method of measurement

In this measurement, the patient is lying on his back. The hand whose range of external rotation should be measured is placed in a position of 90 degrees of shoulder abduction and 90 degrees of elbow flexion. To neutralize the position of the arm and prevent excess movements in the shoulder joint, a folded towel is placed under the person's arm and the lower part of the arm is kept steady. Layton's flexometer is tightly tied to the middle outer part of the forearm and we lock one of its plates. The arm on the opposite side is also placed freely next to the body. In this case, the person's forearm actively moves up and back as far as possible and is locked at the end of the range of motion of the other Leighton indicator. The obtained size is recorded in a special data measurement form.

5

Description

Deep feelings

Timepoint

The beginning of the study (before the intervention) and 6 weeks after that.

Method of measurement

50% of the range of motion of the internal rotation of the shoulder was considered as the target angle in the reconstruction of the angle for the evaluation of depth perception. In the next step, for the test of active angle reconstruction, the target organ was taken to the target

angle by the patient with open eyes and with the guidance of the examiner, and while it was held for 5 to 10 seconds; The patient was asked to memorize the angle and this process was repeated three times. Then the patient was asked to slowly move the limb to the desired angle. The active angle reconstruction test was repeated three times and the average error of three times of angle reconstruction was recorded under the title of absolute reconstruction error, which will be evaluated with a goniometer.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Yo Mi Ho therapy program will be applied to the back area and trigger points for 6 weeks (3 sessions per week and each session lasts 30 minutes).

Category

Rehabilitation

2

Description

Control group: The control group will continue their normal life during this period.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Pardis specialized health institute.

Full name of responsible person

Somayeh Baharlu

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Majid Taghiani

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toghiani@hotmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Islamic Azad University

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

Islamic Azad University

Full name of responsible person

Reza Samadi

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

Sports pathology and corrective movements

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Person responsible for scientific inquiries

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Full name of responsible person

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Latest degree

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Other areas of specialty/work

Sports pathology and corrective movements.

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Person responsible for updating data

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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

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

All data related to people who participate as a sample in this research will be shared after de-identification.

When the data will become available and for how long

The access period starts 6 months after the results are

published.

To whom data/document is available

The documents of this research are available to researchers working in academic institutions, physiotherapists and physical medicine specialists.

Under which criteria data/document could be used

In order to prevent harm, in the centers where there are people with the problem mentioned in the research.

From where data/document is obtainable

Reza Samadi Phone: 00989013105153 Email:

Rezasamadiiii1373@gmail.com

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

Checking the application, checking the applicant's documents, sending the required documents

Comments