

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

The effect of Swedish massage on ergonomic risk factors and range of motion of female hairdressers with musculoskeletal disorders

Protocol summary

Study aim

General purpose: The effect of 10 sessions of Swedish massage on ergonomic risk factors and range of motion of female hairdressers with musculoskeletal disorders

Design

The clinical trial has a control group, the sample size is 42 people, this study is a blind strain. G-Power software was used for randomization.

Settings and conduct

The study was conducted on 42 hairdressers in Arak, who were randomly selected from among 74 hairdressers in the city, and 21 of them received 10 sessions of Swedish massage for 5 weeks. In this study, participants who do not know how to work are blinded.

Participants/Inclusion and exclusion criteria

Entry and exit criteria: Female hairdressers who do hair-related work and whose average age is between 25 and 35 years old must not have orthopedic problems in terms of back, lumbar, and neck spine injuries and have not performed any surgery in the upper and lower pelvic area, and must not have any Contagious and non-contagious and rheumatic skin diseases.

Intervention groups

The studied groups consist of 42 people, divided into two groups of 21 people (one control group and the other experimental group). 10 sessions of Swedish massage are performed on the experimental group.

Main outcome variables

Independent: Swedish massage; Related: ergonomic risk factors, range of motion of female hairdressers, musculoskeletal disorders

General information

Reason for update

Acronym

msd

IRCT registration information

IRCT registration number: **IRCT20230619058540N1**

Registration date: **2023-08-09, 1402/05/18**

Registration timing: **prospective**

Last update: **2023-08-09, 1402/05/18**

Update count: **0**

Registration date

2023-08-09, 1402/05/18

Registrant information

Name

Fateme Kalantari

Name of organization / entity

Arak university

Country

Iran (Islamic Republic of)

Phone

+98 61 3416 2207

Email address

shahrjerdi.shahnaz@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-08-22, 1402/05/31

Expected recruitment end date

2023-10-07, 1402/07/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Swedish massage on ergonomic risk factors and range of motion of female hairdressers with musculoskeletal disorders

Public title

Investigating the effect of Swedish massage on musculoskeletal disorders

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
Female hairdressers who do hair-related work and whose average age is between 25 and 35 years old, who do not have orthopedic problems in terms of back, lumbar, and neck spine injuries, and who have not performed any surgery in the upper and lower limbs, as well They must be free of any contagious and non-contagious skin diseases and rheumatism.
Exclusion criteria:
Hairdressers suffering from various skin and rheumatic diseases, history of surgery and orthopedic problems in the cervical, back and lumbar spine.

Age
From **25 years** old to **35 years** old

Gender
Female

Phase
3

Groups that have been masked

- Participant

Sample size
Target sample size: **42**

Randomization (investigator's opinion)
Randomized

Randomization description
Research community: female hairdressers with musculoskeletal disorders of Arak city will form 1401-1402. Using G-Power software, a statistical sample of 42 people was obtained for both groups (21 control people, 21 experimental people). 21 experimental people are randomly selected and massage is performed on them.

Blinding (investigator's opinion)
Single blinded

Blinding description
The participants are unaware of the division of control and experimental groups.

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Arak University
Street address

Arak University, Karbala Boulevard, Basij Square, Sardasht, Arak

City
Arak

Province
Markazi

Postal code
۳۸۴۸۱۷۷۵۸۴

Approval date
2023-04-19, 1402/01/30

Ethics committee reference number
IR.ARAKU.REC.1402.012

Health conditions studied

1

Description of health condition studied
Hairdresser women with musculoskeletal disorders

ICD-10 code
M79.9

ICD-10 code description
Soft tissue disorder, unspecified

Primary outcomes

1

Description
Ergonomic risk factors: In fact, ergonomics is a science that deals with the relationship between humans and the work environment. The method used in ergonomics is reba, the reba method is a suitable method for evaluating jobs in which there are many changes in the working posture.

Timepoint
Time periods measurement of pain and range of motion at the beginning of the study (before the start of the intervention) and 1 weeks after the end of the massage sessions.

Method of measurement
Cornell Pain Questionnaire, Reba Ergonomics Questionnaire

Secondary outcomes

1

Description
Pain improvement score and range of motion

Timepoint
The time periods of measuring pain and range of motion at the beginning of the study (before the start of the intervention) and 1 week after its start

Method of measurement
Cornell Pain Questionnaire and Reba Ergonomics Questionnaire

Intervention groups

1

Description

Intervention group: An intervention group

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Hairdressers in Arak city

Full name of responsible person

Shahrjerdi Shahnaz

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Arak University, Karbala Boulevard, Basij Square,
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

the University of Arak

Full name of responsible person

Vice President of Research and Technology of Arak
University

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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

the University of Arak

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

The university of Arak

Full name of responsible person

Shahrjerdi Shahnaz

Position

PhD in sports medicine

Latest degree

Ph.D.

Other areas of specialty/work

Sport Medicine

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

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Full name of responsible person

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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)**

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

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

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

Informed Consent Form

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

Clinical Study Report

Undecided - It is not yet known if there will be 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 will be accessible after publication of the research.

When the data will become available and for how long

Since 1402

To whom data/document is available

All people, including university researchers, professors, and hairdressers can receive the research.

Under which criteria data/document could be used

A person who intends to study this research can send a message to the researcher via e-mail to access the data, and the person can also use all the information in the article.

From where data/document is obtainable

First to the email: shahrjerdi.shahnaz@gmail.com Then call the following number: 09161520974 And finally, he can refer to the library of Arak University located in Sardasht, Karbala Boulevard, in front of the flour factory.

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

The applicant can obtain the documents after sending an email to the researcher and receiving confirmation from the researcher.

Comments