

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of Alendronate on symptoms of knee osteoarthritis

Protocol summary

Summary

The aim of our study was to investigate the potential effect of Alendronate on the symptoms of knee osteoarthritis. A total number of 39 Patients with primary knee osteoarthritis were enrolled in a randomized double-blinded placebo controlled trial and assigned to intervention or placebo group to receive Alendronate 70 milligram pills (Alendronate product of Dr. ABIDI Company), one tablet per week orally or placebo for 24 weeks. The Primary outcome was Knee osteoarthritis symptoms.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138803271479N2**
Registration date: **2009-09-03, 1388/06/12**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2009-09-03, 1388/06/12

Registrant information

Name

Mohammadhassan Jokar

Name of organization / entity

Mashhad University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 51 1859 8818

Email address

jokarmh@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research, Mashhad University of Medical Science

Expected recruitment start date

2007-12-22, 1386/10/01

Expected recruitment end date

2008-12-20, 1387/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Alendronate on symptoms of knee osteoarthritis

Public title

The effect of Alendronate on symptoms of knee osteoarthritis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: fulfilling the American College of rheumatology (ACR) criteria of primary knee osteoarthritis, radiologically ascertained grade I or II severity of OA of the knee on the Kellgren-Lawrence scale, having a Western Ontario and McMaster Universities (WOMAC) pain subscale index of at least 2 at baseline (the 5-point Linkert version of the WOMAC), presence of daily knee pain for at least 6 months preceding the study Exclusion criteria: Presence of secondary osteoarthritis, arthroscopy or surgery of target knee within 6 months prior to study, intra-articular treatment of target knee within 6 months prior to study, other chronic inflammatory processes, previous gastrointestinal problems (such as gastroesophageal reflux or esophageal stricture), previous allergic reactions to bisphosphonates, presence of any risk factors for osteoporosis

Age

From **40 years** old to **60 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 39

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 Mashhad University of Medical science

Street address

Mashhad University of Medical science, Daneshgah Street

City

Mashhad

Postal code**Approval date**

empty

Ethics committee reference number

86654

Health conditions studied**1****Description of health condition studied**

Knee osteoarthritis

ICD-10 code

M17

ICD-10 code description

Gonarthrosis

Primary outcomes**1****Description**

Reduction in symptoms of knee osteoarthritis

Timepoint

Weeks 0, 4, 12, 24

Method of measurement

WOMAC Index

Secondary outcomes**1****Description**

Joint space narrowing

Timepoint

weeks 0 and 24

Method of measurement

Knee X-ray

Intervention groups**1****Description**

Alendronate tablet 70mg orally single dose/week (Alnate product of Dr. Abidi Company) for 24 weeks.

Category

empty

2**Description**

Placebo, one tablet orally per week for 24 weeks

Category

Placebo

Recruitment centers**1****Recruitment center****Name of recruitment center**

Imam Reza Hospital

Full name of responsible person

Mohammadhassan Jokar

Street address**City**

Mashhad

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice Chancellor for Research, Mashhad University of Medical Science

Full name of responsible person

Mahiar Mirheidari

Street address

Mashhad University of Medical Sciences

City

Mashhad

Grant name**Grant code / Reference number**

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

Yes

Title of funding source

Vice Chancellor for Research, Mashhad University of Medical Science

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

Mashhad University of Medical Sciences

Full name of responsible person

Mohammadhassan Jokar

Position

Assistant Professor

Other areas of specialty/work

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Web page address

Person responsible for updating data

Contact

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