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-blined placebo controlled trial and assigned to intervention or placebo group to receive Alendronate 7o milligram pills (Alendronate product of Dr. ABIDI Company), one tablet per week orally or placebo for 24 weeks. The Primary outcome was Knee ostoarthritis 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
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Iran (Islamic Republic of)
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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
Mashdad
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
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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