

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Evaluation of the Effect of Intra-Articular Hyaluronic Acid Injection on Postoperative Stiffness in Patients with Distal Radius Fractures Treated with Volar Plate Fixation (ORIF): A Randomized Clinical Trial

Protocol summary

Study aim

To determine the effect of a single intra-articular injection of Hyaluronic Acid on wrist range of motion at 12 weeks postoperatively in patients undergoing volar plate fixation for distal radius fracture

Design

This study is a randomized, controlled, parallel-group clinical trial with a two-arm design and blinded outcome assessment. It is conducted as a phase II trial including 60 patients. Randomization is performed using block randomization with a 1:1 allocation ratio

Settings and conduct

This is a randomized, parallel, double-blind clinical trial conducted at Imam Khomeini Hospital, Tehran. Adult patients (18-70 years) undergoing ORIF for distal radius fractures are allocated into two groups using block randomization with sealed opaque envelopes. The intervention group receives a single 2-mL intra-articular hyaluronic acid injection at the end of surgery; the control group receives no injection. Both patients and outcome assessors are blinded. Outcomes (ROM, pain, and function) are assessed at weeks 2, 6, and 12

Participants/Inclusion and exclusion criteria

Inclusion: Adult patients with acute, closed distal radius fractures requiring volar plate fixation
Exclusion: Conditions that may interfere with the intervention, safety, or study follow-up

Intervention groups

Intervention Group (HA): Patients receive a single 2-mL intra-articular injection of hyaluronic acid (20 mg sodium hyaluronate in 2 mL) after completion of surgery and wound closure. Control Group: Patients do not receive any intra-articular injection and are managed with standard postoperative care following ORIF.

Main outcome variables

Primary outcome: Wrist range of motion (ROM) at week 12. Secondary outcomes: Pain (VAS) at weeks 2, 6, 12;

wrist function (Quick-DASH) at weeks 6, 12; postoperative complications (stiffness, swelling, infection) up to week 12.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20251202068189N1**

Registration date: **2026-01-28, 1404/11/08**

Registration timing: **registered_while_recruiting**

Last update: **2026-01-28, 1404/11/08**

Update count: **0**

Registration date

2026-01-28, 1404/11/08

Registrant information

Name

ibrahim alkhuzaei

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 915 621 0690

Email address

e-khazaei@student.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-12-22, 1404/10/01

Expected recruitment end date

2026-05-22, 1405/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of the Effect of Intra-Articular Hyaluronic Acid Injection on Postoperative Stiffness in Patients with Distal Radius Fractures Treated with Volar Plate Fixation (ORIF): A Randomized Clinical Trial

Public title

Effect of Hyaluronic Acid on stiffness of wrist

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

Adults aged 18 to 70 years Acute, closed distal radius fracture requiring ORIF with volar plate Ability and willingness to provide written informed consent and adhere to the follow-up schedule

Exclusion criteria:

Open or pathological fractures Previous surgery or trauma to the affected wrist Systemic inflammatory joint disease (e.g., rheumatoid arthritis) Known allergy to Hyaluronic Acid or its components Local or systemic infection Inability to participate in rehabilitation or follow-up Intraarticular fracture

AgeFrom **18 years** old to **70 years** old**Gender**

Both

Phase

3

Groups that have been masked

- Participant
- Care provider

Sample sizeTarget sample size: **60****Randomization (investigator's opinion)**

Randomized

Randomization description

Eligible patients, after providing informed consent, are randomly assigned to the intervention or control groups using block randomization with a 1:1 allocation ratio. The unit of randomization is the individual patient, and no stratified randomization is applied. The random sequence is generated using statistical software based on blocks of variable size to minimize predictability of group assignment. Allocation concealment is ensured by using sequentially numbered, opaque, sealed envelopes containing the group allocation codes, which are opened only after completion of surgery and wound closure, thereby minimizing selection bias.

Blinding (investigator's opinion)

Double blinded

Blinding description

In this study, participants (patients) are blinded to their group allocation. Outcome assessors, including physiotherapists and personnel responsible for measuring range of motion, pain scores, and functional

outcomes, are blinded to group assignment. The statistical analyst performs data analysis using anonymized group codes and is not aware of the treatment allocation. Due to the nature of the intervention, the operating surgeon is aware of the group assignment at the time of intervention; however, the surgeon has no role in outcome assessment, data collection, or statistical analysis. All participants are fully informed about their participation in the study, and written informed consent is obtained; lack of patient awareness of study participation is not involved.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Imam Khomeini Hospital Complex - Tehran University of Medical Sciences

Street address

Imam Khomeini Hospital Complex, Keshavarz Boulevard, Chamran Highway, Tehran, Iran

City

tehran

Province

Tehran

Postal code

1461884513

Approval date

2025-09-30, 1404/07/08

Ethics committee reference number

IR.TUMS.IKHC.REC.1404.293

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

Postoperative joint stiffness, distal radius fracture, limitation of wrist range of motion

ICD-10 code

M25.63

ICD-10 code description

Stiffness of wrist, not elsewhere classified

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

Wrist range of motion (flexion-extension), measured using a goniometer by a blinded assessor at 12 weeks

post-operation.

Timepoint

Wrist flexion-extension ROM will be measured at week 6 and at week 12 after surgery

Method of measurement

Wrist joint range of motion will be measured using a standard goniometer by a trained and blinded assessor.

Secondary outcomes

1

Description

Pain intensity measured using the Visual Analogue Scale by a blinded assessor at weeks two, six, and twelve after surgery.

Timepoint

Pain intensity measured at weeks two, six, and twelve after surgery.

Method of measurement

Visual Analogue Scale by a blinded assessor

2

Description

Wrist functional status measured using the Quick Disabilities of the Arm, Shoulder and Hand questionnaire at weeks six and twelve after surgery.

Timepoint

at weeks six and twelve after surgery

Method of measurement

the Quick Disabilities of the Arm, Shoulder and Hand questionnaire at weeks six and twelve after surgery.

3

Description

Postoperative complications including persistent joint stiffness, joint swelling, and infection assessed up to week twelve after surgery.

Timepoint

up to week twelve after surgery

Method of measurement

Postoperative complications including persistent joint stiffness, joint swelling, and infection will be assessed through clinical examination by the treating physician and documented using a standard clinical evaluation checklist.

Intervention groups

1

Description

Intervention group: Intervention Group (HA group): Patients will receive a single 2 mL intra-articular injection of hyaluronic acid (e.g., sodium hyaluronate 20 mg/2 mL) after wound closure.

Category

Other

2

Description

Control Group: Patients will receive no injection and standard postoperative care.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini hospital complex

Full name of responsible person

Aidin Arabzadeh

Street address

Imam Khomeini Hospital Complex, Keshavarz Boulevard, Chamran Highway, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

۱۴۱۹۷۳۳۱۴۱

Phone

+98 915 621 0690

Email

e-khazae@student.tums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Ramin kordi

Street address

Enghelab Ave

City

Tehran

Province

Tehran

Postal code

۱۴۱۹۷۳۳۱۴۱

Phone

+98 912 454 8064

Email

vcr@tums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran University of Medical 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
Tehran University of Medical Sciences
Full name of responsible person
Ibrahim Alkhuzaie
Position
Student
Latest degree
A Level or less
Other areas of specialty/work
Orthopedics
Street address
No.239, between Gisha St. 36 and 38
City
Tehran
Province
Tehran
Postal code
1448933137
Phone
+98 915 621 0690
Email
khazaei70@yahoo.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Omid Salkhori
Position
Associate professor
Latest degree
Specialist
Other areas of specialty/work
Orthopedics
Street address
Imam Khomeini Hospital Complex, Keshavarz
Boulevard, Chamran Highway, Tehran, Iran
City
Tehran
Province
Tehran
Postal code
۱۴۱۹۷۳۳۱۴۱
Phone
+98 922 483 8234
Email
omidsalkhori303@gmail.com

Person responsible for updating data

Contact
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Ibrahim Alkhuzaie
Position
Student
Latest degree
A Level or less
Other areas of specialty/work
Orthopedics
Street address
Imam Khomeini Hospital Complex, Keshavarz
Boulevard, Chamran Highway, Tehran, Iran
City
Tehran
Province
Tehran
Postal code
1448933137
Phone
+98 915 621 0690
Fax
Email
e-khazaei@student.tums.ac.ir

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
Title of shared documents: De-identified raw dataset of primary and secondary outcome measures. Details: Individual participant data will be shared only after complete removal of all identifiable information (including names, national identification numbers, and hospital record numbers). The shared dataset will include wrist range-of-motion measurements, pain scores, functional questionnaire results, and postoperative complication records. Data will be provided exclusively in a fully de-identified format and only for research purposes, upon formal request and approval by the ethics committee
When the data will become available and for how long
Access to the shared dataset will begin six months after publication of the final study results and will remain available for at least three years thereafter

To whom data/document is available

Requests for access to the study data may be submitted only by researchers and academic investigators affiliated with recognized universities or research institutions. Applicants must present a clearly defined scientific purpose and obtain ethics committee approval. Data will not be shared with individuals or organizations seeking access for commercial or industrial purposes

Under which criteria data/document could be used

Access to de-identified data will be granted only if the applicant provides a defined research proposal, clear scientific objectives, and an appropriate analysis plan. Use of the data is restricted to academic and statistical research purposes only. Commercial use, promotional use, or redistribution of the dataset is strictly prohibited. Applicants must sign a confidentiality agreement and are permitted to use the dataset solely within the scope of the ethics-approved research protocol. Further sharing of the dataset with third parties without written permission is not allowed

From where data/document is obtainable

Applicants who wish to obtain the study data or related documentation may submit their official request primarily via email, followed by telephone contact if needed. The designated contact person for responding to

data requests is Dr. Ebrahim Khazaei. Email addresses for correspondence: E-khazaei@student.tums.ac.ir khazaei70@yahoo.com Telephone number: +989156210690 If in-person or postal correspondence becomes necessary, arrangements will be made through the above email addresses and the postal address will be provided accordingly. Applicants must submit a clear research objective and a relevant study proposal along with their request

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

The process for obtaining the requested dataset consists of several steps. Applicants must first submit an official request via email, including their research objective and study proposal. The request will be reviewed within 7-14 business days, and additional clarification may be requested if needed. Following initial approval, the request will be evaluated for ethical compliance, which typically requires 14-30 business days. After final approval, the de-identified dataset will be provided within 14 business days through a secure email or restricted access link. Overall, the estimated time required to receive the dataset ranges from 4 to 8 weeks, depending on administrative processing time and applicant responsiveness

Comments