Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Evaluating the effect of a manual intervention derived from Persian medicine (Ghamz therapy using the Hassanzadeh method) on chronic non-specific neck pain.

Protocol summary

Study aim
Evaluating the effectiveness of a type of manipulation derived from traditional medicine (Ghamz therapy) on pain intensity, disability, and cervical range of motion in patients with chronic non-specific neck pain.

Design
A single-arm, uncontrolled, open-label, non-randomized clinical trial involving one group of patients with chronic non-specific neck pain who are enrolled in the study based on inclusion criteria. The sample size of this study is 15 patients.

Settings and conduct
Patients with chronic non-specific neck pain who refer to the School of Traditional Medicine at Shahid Beheshti University of Medical Sciences during the years 1404–1405 (2025–2026) and meet the study inclusion criteria will be enrolled in the study after evaluation by the researcher.

Participants/Inclusion and exclusion criteria
Patients with chronic neck pain (lasting more than 3 months) with pain intensity of 3 or greater based on the Visual Analog Scale (VAS); Age 18–65 years BMI between 18–35

Intervention groups
A single group consisting of patients with chronic non-specific neck pain who are enrolled in the study based on inclusion criteria. The type of intervention is the application of a manual technique derived from traditional medicine called Ghamz therapy using the Hassanzadeh method, which involves pressing specific points in the back and neck regions with a special wooden tool, leading to the release of myofascial spasms. This intervention is performed in three sessions (day 0, day 7, and day 37 of the study) for all patients.

Main outcome variables
Pain intensity based on the Visual Analog Scale (VAS) score, neck disability (using the Neck Disability Index), and cervical flexibility using goniometry.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20190112042333N4**
Registration date: **2026-01-06, 1404/10/16**
Registration timing: **prospective**

Last update: **2026-01-06, 1404/10/16**
Update count: **0**

Registration date
2026-01-06, 1404/10/16

Registrant information

Name
Sajjad Sadeghi

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 21 8877 3521

Email address
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Recruitment status
recruiting

Funding source

Expected recruitment start date
2026-01-21, 1404/11/01

Expected recruitment end date
2026-11-22, 1405/09/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Evaluating the effect of a manual intervention derived from Persian medicine (Ghamz therapy using the Hassanzadeh method) on chronic non-specific neck pain.

Public title
The effect of manipulation derived from Persian Medicine on chronic non-specific neck pain.

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Patients with chronic neck pain (lasting more than 3 months) with pain intensity of 3 or greater based on the Visual Analog Scale (VAS). Age 18–65 years BMI between 18–35
Exclusion criteria:
Having an indication for surgery

Age
From **18 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **15**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Shahid Beheshti University of Medical Sciences
Street address
Shahid Beheshti University of Medical Sciences, Arabi St., Student Blvd., Valenjak.
City
Tehran
Province
Tehran
Postal code
1985717443
Approval date
2026-01-04, 1404/10/14
Ethics committee reference number
IR.SBMU.RETECH.REC.1404.819

Health conditions studied

1

Description of health condition studied
Non-specific chronic neck pain
ICD-10 code
M54.2
ICD-10 code description
Cervicalgia

Primary outcomes

1

Description
Pain intensity assessed using the Visual Analog Scale (VAS)
Timepoint
After the first intervention session (day 0), after the second intervention session (day 7), after the third intervention session (day 37), and 2 months after the third intervention session (for follow-up).
Method of measurement
Patient-reported (100 mm graded ruler)

2

Description
Neck Disability Index
Timepoint
After the first intervention session (day 0), after the second intervention session (day 7), after the third intervention session (day 37), and 2 months after the third intervention session (for follow-up).
Method of measurement
Neck Disability Index

3

Description
Flexibility of neck
Timepoint
After the first intervention session (day 0), after the second intervention session (day 7), after the third intervention session (day 37), and 2 months after the third intervention session (for follow-up).
Method of measurement
Goniometery

Secondary outcomes

empty

Intervention groups

1

Description
Performing a technique derived from Iranian traditional medicine called Ghamz therapy using the Hassanzadeh method, which involves applying pressure with a special wooden tool on specific areas in the patient's neck and back regions over 3 sessions: the initial visit, one week later, and 37 days (one month and one week) after the start of the intervention.

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
School of Traditional Medicine, Shahd Beheshti University of Medical Sceinces

Full name of responsible person
bahman rokhafruz

Street address
School of Traditional Medicine Shahid Beheshti University of Medical Sciences No.8 Shams Alley, Vali-e-Asr Street Tehran, Iran

City
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Province
Tehran

Postal code
1516745811

Phone
+98 21 8877 3521

Email
rokhafruz.bahman@sbmu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shahid Beheshti University of Medical Sciences

Full name of responsible person
Afshin zarghi

Street address
5th Floor, Bldg No.2 Shahid Beheshti University of Medical Sciences, Arabi Ave, Daneshjoo Blvd, Velenjak

City
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1983963113

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Mpajouhesh@sbmu.ac.ir

Grant name

Grant code / Reference number

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

Title of funding source
Shahid Beheshti 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
Shahid Beheshti University of Medical Sciences

Full name of responsible person
Sajjad Sadeghi

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Traditional Medicine

Street address
School of Traditional Medicine Shahid Beheshti University of Medical Sciences No.8 Shams Alley, Vali-e-Asr Street

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Person responsible for scientific inquiries

Contact

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Shahid Beheshti University of Medical Sciences

Full name of responsible person
Sajjad Sadeghi

Position
Assistant Professor

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Other areas of specialty/work
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Person responsible for updating data

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Name of organization / entity
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Sajjad Sadeghi
Position
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Other areas of specialty/work
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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
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
Information on the main outcomes of the study
When the data will become available and for how long
6 months after the publication of the research paper
To whom data/document is available
Faculty members of universities
Under which criteria data/document could be used
With the aim of modeling to conduct a similar study Save translation
From where data/document is obtainable
Email of the chief researcher to the following address: Drsadeghi@sbmu.ac.ir
What processes are involved for a request to access data/document
Submission of the request via email, obtaining approval from the center's research council, and then receiving the requested information.
Comments