Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of trigger point release of patients with tension type headache on reduction of pain and grip force and grip endurance

Protocol summary

Summary

Objective: the effect of trigger point release of patients with tension type headache on reduction of pain and grip force and grip endurance. Inclusion criteria: trigger points, nausea, vomiting and photophobia during attacks. Exclusion criteria: anti-anxiety and anti-depression drugs, upper extremity and spinal injuries during the past year, paresthesia and neurological symptoms. population and sample size: 28 patients with tension type headache(men and women). Interventions: Treatment phase starts in 6 sessions in 2 weeks. In each session one hot pack used for neck muscles for 10 min afterwards, post isometric relaxation technique used for muscles with trigger points. this technique is associated with eye movements and breathing pattern. During contraction, breathe out and look for the contraction and at rest, exhale done and look for opposite side. Contraction repeat 5-3 for each session 10 seconds. Measurement: measured grip strength and endurance before and after interventions using dynamometer. measured pain before and after interventions using Visual Analog Scale

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014103115272N2**
Registration date: **2014-12-06, 1393/09/15**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-12-06, 1393/09/15

Registrant information

Name

Seyyede Elham Noureddini Fard

Name of organization / entity

Shiraz university of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2013-08-22, 1392/05/31

Expected recruitment end date

2013-11-05, 1392/08/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of trigger point release of patients with tension type headache on reduction of pain and grip force and grip endurance

Public title

The effect of massage technique on pain and grip strength In patients with tension type headache

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: trigger points, nausea, vomiting and photophobia during attacks. Exclusion criteria: anti-anxiety and anti-depression drugs, upper extremity and spinal injuries during the past year, paresthesia and neurological symptoms

Age
From **15 years** old to **55 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **28**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Shiraz University of Medical Sciences
Street address
Central Building of Shiraz University of Medical Sciences, Zand avenue, Shiraz
City
Shiraz
Postal code
Approval date
2014-07-15, 1393/04/24
Ethics committee reference number
ct-p-9357-5887

Health conditions studied

1

Description of health condition studied
Tension type headache
ICD-10 code
G44.2
ICD-10 code description
Tension-type headache

Primary outcomes

1

Description
grip strength
Timepoint
before intervention, after intervention
Method of measurement
using dynamometer

2

Description
grip endurance
Timepoint
before intervention, after intervention
Method of measurement
using dynamometer

3

Description
pain
Timepoint
before intervention, after intervention
Method of measurement
using Visual Analog Scale(VAS)

Secondary outcomes

empty

Intervention groups

1

Description
Using a hot pack for 10 min
Category
Treatment - Other

2

Description
Post isometric relaxation technique used for muscles with trigger points. this technique is associated with eye movements and breathing pattern. During contraction, breathe out and look for the contraction and at rest, exhale done and look for opposite side.afterwards, examiner Put muscle in an elongated
Category
Treatment - Devices

Recruitment centers

1

Recruitment center
Name of recruitment center
Shiraz University of Medical Sciences
Full name of responsible person
Seyyede Elham Noureddini
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Sponsors / Funding sources

1

Sponsor
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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
Shiraz University of Medical Sciences
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
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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