

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Aug 2026

To investigate the effect of vitamin D treatment on intractable carpal tunnel syndrome patients with hypovitaminosis D

Protocol summary

Summary

Vitamin D supplementation can improve carpal tunnel syndrome as a peripheral neuropathy and could be used in treatment. In this thesis patients diagnosed to have carpal tunnel syndrome by electrodiagnostic study and physical exam who have not responded to standard management of CTS for 6 weeks and have hypovitaminosis D (25(OH) vit D level less than 30 ng/dl) by HPLC method who has none of the exclusion criteria such as diabetes and hypothyroidism will be recruited. Sample size is 50 patients. Boston Questionnaire will be filled for all samples and then a dose of 50000 IU vitamine D3 will be taken by mouth per week for 12 weeks. And a week after the last dose of vitamine D3 patients will be reevaluated by electrodiagnostic study and Boston Questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015100624384N1**

Registration date: **2015-11-06, 1394/08/15**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-11-06, 1394/08/15

Registrant information

Name

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Name of organization / entity

International Branch of Shiraz University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of International Branch of Shiraz University of Medical Sciences

Expected recruitment start date

2015-10-23, 1394/08/01

Expected recruitment end date

2016-03-10, 1394/12/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

To investigate the effect of vitamin D treatment on intractable carpal tunnel syndrome patients with hypovitaminosis D

Public title

The effect of vitamin D treatment on intractable carpal tunnel syndrome patients with hypovitaminosis D

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: CTS diagnosed by electrodiagnostic study; BMI in normal range (19-24); age: 20-40 years; Intractable CTS Patients who had been 6 weeks under standard treatment(NSAID, Rest). Exclusion criteria: diabetes; hypothyroidism; trauma or surgery on hand or wrist; radiculopathy ; known case of chronic liver disease or renal disease; Metabolic disease; Pregnancy and lactation period; patients who took multivitamine supplements; Peripheral polyneuropathy; Severe CTS; RA

Age
From **20 years** old to **40 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **50**

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

Shiraz University of Medical Sciences' Ethics committee

Street address

Shiraz University of Medical Sciences, central Bldg, Karimkhan Zand Blv

City

Shiraz

Postal code

Approval date

2015-10-04, 1394/07/12

Ethics committee reference number

IR.SUMS.REC.1394.120

Health conditions studied

1

Description of health condition studied

Carpal tunnel syndrome

ICD-10 code

G56.0

ICD-10 code description

Carpal tunnel syndrome

Primary outcomes

1

Description

median nerve function

Timepoint

before and a week after vit D3 supplementation

Method of measurement

Electrodiagnostic study(EMG-NCV)

Secondary outcomes

empty

Intervention groups

1

Description

A dose of 50000 IU vitamine D3 will be taken by mouth per week for 12 weeks

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Physical Medicine and Rehabilitation Clinics of Shiraz University of Medical Sciences

Full name of responsible person

Dr. Sharareh Roshanzamir

Street address

Physical Medicine and Rehabilitation Ward, Floor 2, Faghihi Hospital, Karimkhan Zand Blvd

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Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of International Branch of Shiraz University of Medical Sciences

Full name of responsible person

Ms. Mohammadi

Street address

Amiralmomenin Hospita Entrance, Sadra Rd Shiraz Fars

City

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 of International Branch of 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***Postal code****Phone**

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Shiraz

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*