Clinical Trial Protocol
Iranian Registry of Clinical Trials

02 Nov 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

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Iran (Islamic Republic of)

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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
City
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

Person responsible for general inquiries

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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