Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The evaluation of the ginger extract gel(ZingiberOfficinale) phonophoresis and pulsed ultrasound on the knee pain and function in patients with moderate degree of knee osteoarthritis

Protocol summary

Summary

Objectives: Osteoarthritis is a common joint inflammatory disease with symptoms like joint stiffness and decreased performance. Knee osteoarthritis prevalence is estimated as 34.19% in Iran. Different physical therapy methods like ulstrasound therapy and phonophoresis are used to reduce pain and inflammation. Ginger had been proved to reduce pain and improve performance in patients with knee osteoarthritis in the previous studies. No previous study has evaluated the effects of ginger phonophoresis;so, the aim of this study is to evaluate ginger effects. Design: Randomised Controlled Trial Setting and conduct: Intervention and control groups receive 10 sessions of routine physical therapy but control group receive just ultrasound. Intervention group receive ginger phonophoresis. Participants:Patients diagnosed as knee osteoathritis with specialist and according to Kelegren-Lawrence method and age beyond 50 years old were assigned into interventional and control groups. Intervention: Intervention group: Hot pack- TENS- Exercise- Ginger phonophoresis Control group: Hot pack- TENS- Exercise- US Main outcome measures variables: Pain (VAS)- KOOS questionnaire- TUGT

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016061428447N1**
Registration date: **2016-07-31, 1395/05/10**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-07-31, 1395/05/10

Registrant information

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Amin Kordi Yoosefinejad
Name of organization / entity
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Recruitment status

Recruitment complete

Funding source

Shiraz University of medical sciences

Expected recruitment start date

2016-05-21, 1395/03/01

Expected recruitment end date

2016-08-22, 1395/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The evaluation of the ginger extract gel(ZingiberOfficinale) phonophoresis and pulsed ultrasound on the knee pain and function in patients with moderate degree of knee osteoarthritis

Public title

the effects of a physical therapy method on knee osteoarthritis

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: Knee osteoarthritis confirmed with a specialist according to Kelegren-Lawrens method; age beyond 50 years old -Exclusion criteria: Arthroscopy during the last year; Fever over 38 degrees centigrade; Hyulorunate injection during previous 6 months; anticoagulants like aspirin; coagulation and blood diseases like hemophilia; deformities;Lower limb surgery during previous 6 months; systematic disorders as diabtes mellitus; inflammatory arthropaties; soft tissue rheumatism; Inflammatory conditions;Skin sensation disorders; Skin ulcers.

Age
No age limit
Gender
Both

Phase
2-3
Groups that have been masked
No information
Sample size
Target sample size: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Shiraz University of medical sciences
Street address
Shiraz, Nemazi Street, Central building of Shiraz university of medical scinces
City
Shiraz
Postal code
14336 - 71348
Approval date
2016-06-13, 1395/03/24
Ethics committee reference number
IR.SUMS.REC.1395.53

Health conditions studied

1

Description of health condition studied
Knee osteoarthritis
ICD-10 code
M15
ICD-10 code description
Primary generalized (osteo)arthrosis

Primary outcomes

1

Description
knee performance
Timepoint
before, after the intervention
Method of measurement
Persian version of KOOS questionnaire

Secondary outcomes

1

Description
pain
Timepoint
before and after the intervention
Method of measurement
VAS scale

Intervention groups

1

Description
intervention group: hot pack for 20 minutes; TENS for 20 minutes with 100 Hz of frequency and 100 ms duration; Phonophoresis of Zingiber Officinale with 4% concentration, 5 days per weak, 10 days and 7 minutes of application
Category
Treatment - Other

2

Description
Control group: Hot pack for 20 minutes; TENS for 20 minutes with 100 Hz frequency and 100 ms duration; ultrasound in continuous mode for 7 minutes, 5 days a weak for 10 days.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
school of rehabilitation of Shiraz university of medical sciences

Full name of responsible person
Amin Kordi Yoosefinejad
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Chamran Blvd, Sheikh Abivardi 1 street, Rehabilitation Faculty, Clinic of Rehabilitation Faculty
City
Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences, Vice chancellor of Research
Full name of responsible person
Amin kordi Yoodefinejad
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Vice chancellor for research, 7th floor, Central building of Shiraz University of Medical Sciences, Nemazi Street
City
Shiraz
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, Vice chancellor of Research
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
Name of organization / entity
School of rehabilitation of Shiraz university of medical sciences
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Person responsible for updating data

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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