Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Investigation of the effect of stretching of wrist and finger flexors on carpal tunnel syndrome in comparison to Acupuncture

Protocol summary

Study aim

Determining of the effect of stretching of wrist and finger flexors on carpal tunnel syndrome in comparison to acupanture

Design

In this researche, 62 patients with mild to moderate carpal tunnel syndrome that diagnose by rehab specialist are choosen and patients are randomly divided into two control and intervdntion groups that allocate a code to each one.

Settings and conduct

Single blind (Primary questionnaire and NCV of patients done by one of the plan partner that had no information about discription of patients on two groups then block randomization done by one of the anchors of the plan that have no information about the questionnaire and result of ncv. Then patient will evaluate by the plan partner that done primary ncv and questionnaire(plan partner have no information about interventional group) Interventional group defined by code 1 & 2 and estatistic analyzer had no information about interventional group too. So estatistic analyzer and Researcher evaluator have become blindness) patient in rehabilitation clinics of shiraz university of medical sciences

Participants/Inclusion and exclusion criteria

Inclusion criteria: all the patients with mild to moderate carpal tunnel syndrome Age between 25 to 55 years old Exclusion criteria: Hypothyroidism Diabetes Pregnancy Lactation History of truma or surgury on wrist Peripheral radiculopathy or neuropathy(except carpal tunnel syndrome)

Intervention groups

Intervention group consiste 31 patients with cts that do streching and the control group consits 31 patients with cts that do acupunture

Main outcome variables

For choosing the best , more comfortable ,low costs and less side effect for patients with carpal tunnel syndrom on function , symptome , nerve concuction velocity and compound muscle action potential. Primary outcome variable: Boston questionnaire of Signs and function of patients Secondary outcome variable: nerve conduction velocity (ncv) and (cmap)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170927036457N2**
Registration date: **2018-01-29, 1396/11/09**
Registration timing: **registered_while_recruiting**

Last update: **2018-01-29, 1396/11/09**
Update count: **0**

Registration date

2018-01-29, 1396/11/09

Registrant information

Name
Sara Sarikhani
Name of organization / entity
Shiraz university of medical sciences
Country
Iran (Islamic Republic of)
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+98 938 887 9917
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sarikhanys@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Thesis plan of shiraz univercity of medical science c

Expected recruitment start date

2017-10-15, 1396/07/23

Expected recruitment end date

2018-04-12, 1397/01/23

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Investigation of the effect of stretching of wrist and finger flexors on carpal tunnel syndrome in comparison to Acupuncture

Public title
Investigation of the effect of stretching of wrist and finger flexors on carpal tunnel syndrome in comparison to Acupuncture
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
The patient with mild to moderate carpal tunnel syndrom Age between 25 to 55
Exclusion criteria:
Hypothyroidism Diabetes Pregnancy Lactation History of truma or surgery on wrist Peripheral radiculopathy or neuropathy (except carpal tunnle syndrome)
Age
From **25 years** old to **55 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Outcome assessor
- Data analyser

Sample size
Target sample size: **62**
Randomization (investigator's opinion)
Randomized
Randomization description
Block randomization in the form of 4th blocks in the form of aabb without to consider time or place or sex.
Blinding (investigator's opinion)
Single blinded
Blinding description
Primary questionnaire and NCV of patients done by one of the plan partner that had no information about discription of patients on two groups then block randomization done by one of the anchors of the plan that have no information about the questionnaire and result of ncv. Then patient will evaluate by the plan partner that done primary ncv and questionnaire(plan partner have no information about interventional group) Interventional group defined by code 1 & 2 and estatistic analyzer had no information about interventional group too. So estatistic analyzer and Researcher evaluator have become blindness
Placebo
Not used
Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committe of shiraz university of medical science
Street address
Rehab clinc of shiraz univercity of medical scince, shiraz city , zand street, shahid faghihi hospital, second floor
City
SHIRAZ
Province
Fars
Postal code
7134844119
Approval date
1997-09-23, 1376/07/01
Ethics committee reference number
Ir.sums.med.rec.1396.45

Health conditions studied

1

Description of health condition studied
Carpal tunnel syndrome
ICD-10 code
G56.00
ICD-10 code description
Carpal tunnel syndrome, unspecified upper limb

Primary outcomes

1

Description
Nerve conduction improvement
Timepoint
Before intervention-after intervention-3 months after intervention
Method of measurement
Nerve conduction velocity

Secondary outcomes

1

Description
Decrease in symptoms of patients & improve of performance
Timepoint
Before intervention-after intervention-3 months after

intervention

Method of measurement

Boston questioner

Intervention groups

1

Description

Interventional group : estretching exercise : including 4 types of exercise that done every day about 3months and each day shod done 4 times thats about 20 seconds duration.1.the patient extend one hand to front and pull his finger with another hand that shod be estretch flexors muscles.2the patient should put his palmar surface on a desk and extend his elbow then should a little forward bending to estretch on flexors muscles.3.the patient should to stick palmar surfaces of both hand together and keep theme anterior of chest then push down to estrech on flexor muscles

Category

Rehabilitation

2

Description

Control group: acupuncture including 10 sessiona that that each one about 30 minute and 3 sessions on a week

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Rehabilitation clinics of shiraz university of medical science

Full name of responsible person

Sharare roshanzamir

Street address

Rehab clinc of shiraz university of medical sience of shiraz, second floor , shahid faghihi hospital, zand street, shiraz

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz university of medical science

Full name of responsible person

Fateme zare

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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 science

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

Shiraz University of Medical Sciences

Full name of responsible person

Sara sarikhani

Position

Medical student

Latest degree

Medical doctor

Other areas of specialty/work

Medical student

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Person responsible for scientific inquiries

Contact

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Position
Specialist of rehabilitation

Latest degree
Specialist

Other areas of specialty/work
Rehabilitation management

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
with the complation of this project in 1396 which dose not include the following items.if the jornals edditor requiers the items mentiond, it will be provided to him/her.and the way of publication will be according to the opinion of the journal's editor

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
No - There is not a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available