

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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 acupuncture

Design

In this research, 62 patients with mild to moderate carpal tunnel syndrome that diagnosed by rehab specialist are chosen and patients are randomly divided into two control and intervention 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 description 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 statistic analyzer had no information about interventional group too. So statistic 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 trauma or surgery on wrist Peripheral radiculopathy or neuropathy (except carpal tunnel syndrome)

Intervention groups

Intervention group consists 31 patients with cts that do stretching and the control group consists 31 patients with cts that do acupuncture

Main outcome variables

For choosing the best, more comfortable, low costs and less side effect for patients with carpal tunnel syndrome on function, symptoms, nerve conduction 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)

Phone

+98 938 887 9917

Email address

sarikhany@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Thesis plan of Shiraz University of Medical Sciences

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

lr.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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Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Sharare roshan zamir

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 completion of this project in 1396 which dose not include the following items. if the journals editor requires the items mentioned, 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

Person responsible for updating data

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Mehrdad dabiri

Position

Medical student

Latest degree