

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of heat treatment on pain caused by disc herniation

Protocol summary

Summary

The aim of this study was to determine the effect of heat treatment on reducing pain from a slipped disc between lumbar vertebrae in patients referred to physiotherapy, Tamine Ejtemaei hospital in Sanandaj. Thirty patients with back pain caused by disc herniation were randomly assigned into equal groups to receive moist heat (hot bag) or dry heat (infrared) for one month, three sessions a week, each time for 15 minutes. Intensity and duration of pain before and after the intervention group were measured and compared between groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138902163885N1**

Registration date: **2010-04-04, 1389/01/15**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-04-04, 1389/01/15

Registrant information

Name

Mokhtar Yaghobi

Name of organization / entity

Kurdistan University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

+98 87 1662 7636

Email address

mokhtar-yaghobi@muk.ac.ir

Recruitment status

Recruitment complete

Funding source

Research Management of Kurdistan University of Medical Sciences

Expected recruitment start date

2010-04-04, 1389/01/15

Expected recruitment end date

2010-07-21, 1389/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of heat treatment on pain caused by disc herniation

Public title

Effect of heat treatment on pain caused by disc herniation

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: at least 6 months experience of low back pain, pain due to disc herniation, lumbar canal stenosis, no other disease, ability to read and write, Exclusion criteria: non-compliance, changing current treatment, other spinal diseases, not willing to continue

Age

No age limit

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

N/A

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**

Research Affairs Management and Information
Science, Kurdistan University of Medical Sciences

Street address

Research Affairs Management and Information
Science, Kurdistan University of Medical Sciences,
pasdaran St., Sanandaj

City

Sannadj

Postal code

6617713446

Approval date

2010-03-18, 1388/12/27

Ethics committee reference number

11961پ14پ

Health conditions studied**1****Description of health condition studied**

lumbar disk herniation

ICD-10 code

M51.1

ICD-10 code description

lumbar and other intervertebral disc disorder

Primary outcomes**1****Description**

Incidence of pain

Timepoint

Before intervention and immediately after intervention

Method of measurement

numeric pain VAS and data record sheet

2**Description**

Duration of pain

Timepoint

Before and after intervention

Method of measurement

In minutes

Secondary outcomes**1****Description**

Incidence of behavioral signs of pain

Timepoint

Before and immediately after intervention

Method of measurement

observation

Intervention groups**1****Description**

moist heat (hot bag) within one month, three sessions a
week, 20 minutes each time

Category

Prevention

2**Description**

Dry heat (infrared) for a month, three sessions a week,
each time for 15 minutes

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Physiotherapy ward, Tamie Ejtemaei hospital,
Sanandaj

Full name of responsible person

Mokhtar Yaghobi

Street address

Department of Operating Room, School of Nursing
and Midwifery, Kurdistan University of Medical
Sciences, Pasdaran St., Sanandaj

City

Sanandaj

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Kurdistan University of Medical Sciences

Full name of responsible person

Mokhtar Yaghobi

Street address

Department of Operating Room, School of Nursing

and Midwifery, Kurdistan University of Medical Sciences, Pasdaran St., Sanandaj

City

Sanandaj

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Kurdistan 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**Contact****Name of organization / entity**

Kurdistan University of Medical Sciences

Full name of responsible person

Mokhtar Yaghobi

Position

Master of Science in Nursing Education - Lecturer
School of Nursing and Midwifery

Other areas of specialty/work**Street address**

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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