# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

22 Nov 2026

## Study of the effectiveness of olive oil, Paraffin, Pyroxicom and dry massage on controlling of morning inflammatory pain of phalanges and knees among women with rheumatoid arthritis (R.A): A Clinical Trial

## Protocol summary


**Summary**

Goal: This study with the goal of determination of the effectiveness of olive oil, Paraffin, Pyroxicom and dry massage on controlling of morning inflammatory pain of phalanges and knees among women with Rheumatoid Arthritis was accomplished. Inclussion criteria: to be Volunteer; At least one year passed from their disease diagnosis Exclusion criteria: Suffering from Osteoartheritis; Inability for hand and foot massage by herself Intervention: After selecting 60 women with rheumatoid arthritis based on convenience sampling method from Ami-Al Momenin hospital and taking consent forms, they randomly allocated in to 5 groups. Then the demographic, Disease Activity Score (DAS 28) and visual analogue scales related to their arthralgia were complete. For 12 weeks routine drugs (prednisolon tab. 5-7.5 mg/daily; Hydrochlorokine tab. 200mg/daily; Metotraxate tab. 7.5 mg/daily and Folic Acid tab. 5 mg/daily) + knee massage with olive oil to G1( 5 ml/ q8h), routine drugs + Paraffin oil to G2( 5 ml/ q8h), only routine drugs to G3, routine drugs + dry massage of knee to G4, and routine drugs + Pyroxicam jel to G5( 5 cm/ q8h) will be given.


## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT201110134519N3**
Registration date: **2013-02-02, 1391/11/14**
Registration timing: **retrospective**

Last update:
Update count: **0**

**Registration date**

2013-02-02, 1391/11/14


**Registrant information**

**Name**
Davood Hekmatpou
**Name of organization / entity**
Arak University of Medical Sciences
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Iran (Islamic Republic of)
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**Recruitment status**

**Recruitment complete**


**Funding source**

Arak University of Medical Sciences


**Expected recruitment start date**

2012-05-16, 1391/02/27

**Expected recruitment end date**

2012-08-17, 1391/05/27

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Study of the effectiveness of olive oil, Paraffin, Pyroxicom and dry massage on controlling of morning inflammatory pain of phalanges and knees among women with rheumatoid arthritis (R.A): A Clinical Trial

**Public title**

The effectiveness of olive oil on controlling of morning inflammatory pain of phalanges and knees among women with rheumatoid arthritis

**Purpose**

Supportive

**Inclusion/Exclusion criteria**
Inclusion Criteria: to be Volunteer ; At least one year passed from their disease diagnosis and be under consideration of one rheumatologist ; without neuromuscular diseases ; to be able to massage their own hands and knees Exclusion Criteria: Suffering from Osteoartheritis; Inability for hand and foot massage by herself; suffering from incurable diseases
**Age**
From **39 years** old to **66 years** old
**Gender**
Female

**Phase**
N/A
**Groups that have been masked**
*No information*
**Sample size**
Target sample size: **60**
**Randomization (investigator's opinion)**
Randomized
**Randomization description**
**Blinding (investigator's opinion)**
Double 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 Arak University of Medical Sciences
**Street address**
Basij Sq. Arak
**City**
Arak
**Postal code**
**Approval date**
2011-10-17, 1390/07/25
**Ethics committee reference number**
114-90-7

## Health conditions studied

### 1

**Description of health condition studied**
Rheumatoid Arthritis
**ICD-10 code**
M05.9
**ICD-10 code description**
Seropositive , unspecified

## Primary outcomes

### 1

**Description**
pain
**Timepoint**
3 months
**Method of measurement**
VAS

## Secondary outcomes

### 1

**Description**
Disease Activity Score
**Timepoint**
3 months
**Method of measurement**
DAS 28

## Intervention groups

### 1

**Description**
G 2: routine drugs + Paraffin oil ( 5 ml/ q8h)
**Category**
Treatment - Other

### 2

**Description**
G1: routine drugs (prednisolon tab. 5-7.5 mg/daily; Hydrochlorokine tab. 200mg/daily; Metotraxate tab. 7.5 mg/daily and Folic Acid tab. 5 mg/daily) + knee massage with olive oil (5 ml/ q8h)
**Category**
Treatment - Other

### 3

**Description**
G5: routine drugs + Pyroxicam jel ( 5 cm/ q8h)
**Category**
Treatment - Other

### 4

**Description**
G3 (control group): only routine drugs
**Category**
Treatment - Drugs

### 5

**Description**
G4: routine drugs + dry massage of knee
**Category**

Treatment - Other

## Recruitment centers

**1**

**Recruitment center**
**Name of recruitment center**
Amir Almomenin Hospital
**Full name of responsible person**
Dr. Davood Hekmatpou
**Street address**
Basij Sq.
**City**
Arak

## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Arak University of Medical Sciences
**Full name of responsible person**
Dr. Davood Hekmatpou
**Street address**
Basij Sq.
**City**
Arak
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Arak 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**
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## Person responsible for scientific inquiries

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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*