

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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. Inclusion criteria: to be Volunteer; At least one year passed from their disease diagnosis Exclusion criteria: Suffering from Osteoarthritis; 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

Country

Iran (Islamic Republic of)

Phone

+98 86 1417 3645

Email address

dr_hekmat@arakmu.ac.ir

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 Osteoarthritis; 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

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Dr. Davood Hekmatpou

Position

Ph.D /Research Manager

Other areas of specialty/work

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Other areas of specialty/work

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Web page address

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