

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison the effect of Dexamethasone phonophoresis versus ultrasound therapy in knee Osteoarthritis

#### Protocol summary

##### Summary

The aim of this study is to compare the effect of Dexamethasone phonophoresis versus ultrasound therapy in knee Osteoarthritis. In a randomized unicentral clinical trial, 60 patients from both genders with knee Osteoarthritis referring to physiotherapy clinic of Shohada hospital, Tabriz, Iran, will be randomly assigned to receive half dose Dexamethasone (4 mg) phonophoresis or be treated with 10 sessions of ultrasound each session for 10 minutes 3 times per week. Key inclusion criteria are to have mild to moderate Osteoarthritis; to be over 50 years old and key exclusion criteria are to have a history of knee surgery; patients with electrical implants such as a pace maker; to be pregnant. Before the treatment and after the last session of the treatment WOMAC and VAS questionnaires will be fulfilled to compare the results.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201210011292N3**  
Registration date: **2012-10-08, 1391/07/17**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2012-10-08, 1391/07/17

##### Registrant information

##### Name

Vahideh Toopchizadeh

##### Name of organization / entity

Tabriz University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 984113335625

##### Email address

toopchi@tbzmed.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Tabriz University of Medical Sciences

##### Expected recruitment start date

2012-04-05, 1391/01/17

##### Expected recruitment end date

2012-10-07, 1391/07/16

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison the effect of Dexamethasone phonophoresis versus ultrasound therapy in knee Osteoarthritis

##### Public title

Comparison of Dexamethasone phonophoresis versus ultrasound therapy in knee Osteoarthritis

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: having mild to moderate Osteoarthritis; being over 50 years old Exclusion criteria: having a history of knee surgery; patients with electrical implants such as a pace maker; being pregnant; patients with lower limb thrombosis; patients with cancer

##### Age

From **50 years** old

##### Gender

Both

##### Phase

N/A

### Groups that have been masked

No information

### Sample size

Target sample size: 60

### 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

Ethics Committee of Tabriz University of Medical Sciences

##### Street address

Vice chancellor for research, Tabriz University of Medical Sciences, Daneshgah Square

##### City

Tabriz

##### Postal code

#### Approval date

2012-04-04, 1391/01/16

#### Ethics committee reference number

9197

## Health conditions studied

### 1

#### Description of health condition studied

Osteoarthritis of knee

#### ICD-10 code

M19.0

#### ICD-10 code description

Primary arthrosis of other joints

## Primary outcomes

### 1

#### Description

Pain

#### Timepoint

Before and after the treatment

#### Method of measurement

VAS questionnaire

### 2

#### Description

Function

#### Timepoint

Before and after the treatment

#### Method of measurement

WOMAC questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Patients in phonophoresis group will be treated with Dexamethasone phonophoresis with 4 mg dexamethasone for 10 sessions, 3 sessions per week.

#### Category

Treatment - Drugs

### 2

#### Description

Patients in ultrasound group will be treated with ultrasound for 10 session, 3 session per week and each session for 10 minutes.

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Shohada hospital

##### Full name of responsible person

Vahideh Toopchizadeh

##### Street address

##### City

Tabriz

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Tabriz University of Medical Sciences

##### Full name of responsible person

Alireza Ostad Rahimi

##### Street address

Vice chancellor for research, Tabriz University of Medical Sciences, Daneshgah Square

##### City

Tabriz

#### Grant name

#### Grant code / Reference number

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Tabriz 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**

Tabriz University of Medical Sciences

**Full name of responsible person**

Roja Javadi

**Position**

Physiatry resident

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

Physiotherapy ward, Shohada hospital, El Goli st.

**City**

Tabriz

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+98 41 1526 2250

**Fax****Email**

toopchi@tbzmed.ac.ir

**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Tabriz University of Medical Sciences

**Full name of responsible person**

Vahideh Toopchizadeh

**Position**

Physiatrist-Associate professor

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

Vice chancellor for research, Tabriz University of Medical Sciences, Golgasht ave.

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+98 41 1526 2250

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toopchi@tbzmed.ac.ir

**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

Tabriz University of Medical Sciences

**Full name of responsible person**

Mehdi Hemmati

**Position**

General Physican

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

Emam Reza hospital, Golgasht ave.

**City****Postal code****Phone****Fax****Email**

mehdi.hemmati@rocketmail.com

**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*