Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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)

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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 phonophpresis 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

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Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Alireza Ostad Rahimi

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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
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

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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