

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of iliotibial band tightness and its release on postoperative pain after total knee arthroplasty in patients with varusgonarthrosis

Protocol summary

Study aim

The effect of iliotibial band tightness and its release on postoperative pain after total knee arthroplasty in patients with varusgonarthrosis

Design

The study will be double blind and clinical trial. 114 patients will be randomly divided into 3 groups. The groups are parallel. The trial phase is 3

Settings and conduct

Patients Candidate for knee arthroplasty surgery in Valiasr Hospital in Arak are divided into 3 groups by simple randomization with blocks. The study is double-blind in which outcome evaluator and data analyst and participant are kept blind.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 40 years and up, patients with osteoarthritis and varus of the knee referred for knee arthroplasty, absence of underlying disease, absence of mental illness

Intervention groups

Patients will be evaluated for stiffness at the end of the operation. If they do not have iliotibial band stiffness, they will be placed in the control group. Cases with iliotibial band stiffness will be randomly divided into two groups. The first group of intervention that iliotibial band will be released and the second group of intervention that iliotibial band will not be released.

Main outcome variables

Pain, joint stability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20211207053320N1**

Registration date: **2022-01-27, 1400/11/07**

Registration timing: **registered_while_recruiting**

Last update: **2022-01-27, 1400/11/07**

Update count: **0**

Registration date

2022-01-27, 1400/11/07

Registrant information

Name

Mohammad Zarei dejkoo

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-01-10, 1400/10/20

Expected recruitment end date

2023-01-10, 1401/10/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of iliotibial band tightness and its release on postoperative pain after total knee arthroplasty in patients with varusgonarthrosis

Public title

The effect of iliotibial band tightness and its release on postoperative pain after total knee arthroplasty in patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

40 years and up Patients with osteoarthritis and varus of the knee referred for knee arthroplasty Absence of underlying disease Absence of mental illness

Exclusion criteria:

Lack of conscious consent Death

Age

From 40 years old

Gender

Both

Phase

2-3

Groups that have been masked

- Participant
- Outcome assessor
- Data analyser

Sample size

Target sample size: 114

Randomization (investigator's opinion)

Randomized

Randomization description

Patients will be allocated into 3 groups using a permuted balanced block randomization method with the size of blocks 3 and 6. Random sequence will be generated by an epidemiologist by running an online program in sealed envelope website (<https://www.sealedenvelope.com/>). Random chain concealment is done by opaque envelope method.

Blinding (investigator's opinion)

Double blinded

Blinding description

The study is double-blind. The analysis is done by the analyst and outcome evaluator (two-blind) and the participant. Analysts, evaluators and participants are not aware of the consequences of grouping. Surgery is performed by an assistant of orthopedist. Patients are followed up and variables are reviewed by the project resident

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

Ethics committee, Research center, Payambar Azam complex, Basij square, Sardasht, Arak

City

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Province

Markazi

Postal code

3848176941

Approval date

2021-11-17, 1400/08/26

Ethics committee reference number

IR.ARAKMU.REC.1400.232

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

Knee arthroplasty

ICD-10 code

T84.9

ICD-10 code description

Unspecified complication of internal orthopaedic prosthetic device, implant and graft

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

Pain

Timepoint

2 weeks and one month and three months and 6 months and one year later

Method of measurement

Visual analog pain questionnaire

2**Description**

Joint stability

Timepoint

2 weeks and one month and three months and 6 months and one year later

Method of measurement

International Knee Documentation Committee (IKDC)

Secondary outcomes

empty

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

Control group: If they do not have iliotibial band stiffness, they will be included in the control group. Routine surgery will be performed.

Category

Treatment - Surgery

2**Description**

Intervention group: Patients are evaluated for stiffness at

the end of the operation. The first group of intervention that iliotibial band will be released duration surgery. All peripheral femoral tibia osteophytes should be removed before any soft tissue is released. In tibia, release can be done with osteotomy priority. In femoral part, it is done by sharp dissection.

Category

Treatment - Surgery

3**Description**

Intervention group: Patients will be evaluated for stiffness at the end of the operation. second group of intervention that iliotibial band will not be released duration surgery.

Category

Treatment - Surgery

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

Valiasr Hospital

Full name of responsible person

Dr Hosseinali Hadi

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

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Full name of responsible person

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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

Arak University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries**Contact****Name of organization / entity**

Arak University of Medical Sciences

Full name of responsible person

Dr Mohammadreza Bozorgmanesh

Position

Assistant professor

Latest degree

Specialist

Other areas of specialty/work

Orthopedics

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

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Full name of responsible person

Dr Hosseinali Hadi

Position

Associate professor

Latest degree

Subspecialist

Other areas of specialty/work

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

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Position

Resident

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Medical doctor

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available