Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparing the effect of acupuncture and medical treatment on subjective symptoms and Electromyography/Nerve Conduction Velocity (EMG/NCV) change in patients with cervical disk herniation

Protocol summary

Summary

Objectives: in this study, we try to compare the effect of acupuncture and medical treatment on the clinical symptoms and Electromyography/Nerve Conduction Velocity (EMG/NCV) changes in patients with cervical disc herniation referring to Imam Reza Hospital. Design: in this interventional study, 90 patients with clinical diagnosis of cervical disc herniation by a rheumatologist are randomly assigned to either the "acupuncture" or "medical treatment" and “ Sham acupuncture” groups. Setting and conduct: Before the study starts, both groups fill a clinical symptoms questionnaire and accordingly are evaluated by electro-diagnostic tests. Patients in the medical group perform four different types of isometric exercises and receive two tablets of Celebrex 100mg daily divided in morning and night for one month. The acupuncture groups are referred to an acupuncture specialist to receive acupuncture treatment for one month. Participants including major eligibility criteria: over 20 yrs of age; confirmed diagnosis of cervical disc herniation; willing to participate in the study. Interventions: Acupuncture treatment is given 3 times a week (12 sessions) and each session is 30 minutes. Needle insertion points are fixed in all sessions. After the treatment ends, questionnaires are filled by patients again. Main outcome measures variables: three months after the end of treatment, patients refer to clinic in order to fill the questionnaire and to be evaluated both for clinical symptoms (neck, shoulder and arm pain, tingling, and numbness) and EMG/NCV changes.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015070311912N4**
Registration date: **2015-11-13, 1394/08/22**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-11-13, 1394/08/22

Registrant information

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Name of organization / entity
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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Mashhad University of Medical Sciences

Expected recruitment start date

2013-08-23, 1392/06/01

Expected recruitment end date

2016-03-10, 1394/12/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of acupuncture and medical treatment on subjective symptoms and

Electromyography/Nerve Conduction Velocity (EMG/NCV) change in patients with cervical disk herniation

Public title
Comparing the effect of acupuncture and medical treatment on subjective symptoms and neuromuscular electrophysiologic changes in patients with cervical disk herniation
Purpose
Treatment
Inclusion/Exclusion criteria
Major eligibility criteria: age older than 20 years old; confirmed diagnosis of cervical disc herniation; willing to participate in the study. Major exclusion criteria: polyneuritis or lesions of the cervical radicolopathy; hypothyroidism; multiple myeloma; amyloidosis; inability to perform daily functions individually; previous acupuncture treatment or surgery for cervical disc herniation; insulin dependent diabetes; pregnancy or less than 3 month post partum; epilepsy; cardiovascular disease; history of gastrointestinal disease and intolerance for NSAIDS; history of warfarin or heparin consumption or a hemorrhagic disease; definite indication for surgery based on rheumatologic consult and red and yellow flags.
Age
From **20 years** old
Gender
Both

Phase
2-3
Groups that have been masked
No information
Sample size
Target sample size: **90**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Mashhad University of Medical Sciences
Street address
Deputy of Research, GHoreyshi building, Daneshgah St.,
City
Mashhad
Postal code
Approval date
2013-04-13, 1392/01/24
Ethics committee reference number
IR.MUMS.REC.1392.21

Health conditions studied

1

Description of health condition studied
Cervical disc herniation
ICD-10 code
M50
ICD-10 code description
Cervical disc disorders

Primary outcomes

1

Description
Changes in electrodiagnostic tests (CMAP, DML, DSL, MNCV)
Timepoint
Three months after the intervention
Method of measurement
Repeating the mentioned tests

Secondary outcomes

1

Description
Clinical symptoms (neck, shoulder or arm pain, numbness and tingling)
Timepoint
Three months after the end of intervention
Method of measurement
Questionnaire

Intervention groups

1

Description
Intervention: acupuncture with 0.25*40 mm size needles on 20 acupoints , 3 times a week, each session 30 min for one month.
Category
Other

2

Description
Control group: four different types of isometric exercises plus 100 mg Celebrex tablets, twice daily (morning and night)
Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Electrodiagnostics clinic and acupuncture clinic of Imam Reza Hospital,

Full name of responsible person
Hosein Hasanabadi

Street address

City
Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for Research, Mashhad University of Medical Sciences

Full name of responsible person
Mina Ramezani

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Ghoreyshi Building, Daneshgah St.

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Mashhad

Grant name

Grant code / Reference number

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

Title of funding source
Vice Chancellor for Research, Mashhad 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
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Position
Assistant Prof of Physical Rehabilitation medicine

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Assistant Prof of acupuncture

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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