Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of releasing trigger points on the neck in patients with tension type headache on position sense of elbow joint

Protocol summary

Summary

Objective: The aim of this study is to evaluate the effect of releasing trigger points on the neck in patients with tension type headache on position sense of elbow joint. Design of study: 25 patients with tension type headache will participate in this study and they will be evaluated before and after intervention. Inclusion criteria: Patients with tension type headache and any trigger points in posterior cervical muscles will include to the study. Exclusion criteria: Patients with cervical disk herniation, Vertigo, Patients who use anti anxiety and anti depressant drugs, Pregnant patients will exclude from the study. Intervention: 25 patients will enter to post isometric contraction technique. Then, headache frequency and intensity, elbow joint position sense will be evaluated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013110413651N3**
Registration date: **2015-09-24, 1394/07/02**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-09-24, 1394/07/02

Registrant information

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Ali Barzegar
Name of organization / entity
Yazd University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-09-06, 1393/06/15

Expected recruitment end date

2014-11-06, 1393/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of releasing trigger points on the neck in patients with tension type headache on position sense of elbow joint

Public title

Headache and effects of massage on it

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Exist tension type headache; Trigger point in posterior cervical muscles; Informed consent persons. Exclusion criteria: Exist cervical disk herniation; Vertigo; Usage of anti anxiety and anti depressant drugs; Pregnancy

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

3

Groups that have been masked
No information
Sample size
Target sample size: **25**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Shiraz University of Medical Sciences
Street address
Central Building of Shiraz University of Medical Sciences, Zand street, Shiraz
City
Shiraz
Postal code
Approval date
2015-08-02, 1394/05/11
Ethics committee reference number
IR.SUMS.REC.1394.86

Health conditions studied

1

Description of health condition studied
Tension type headache
ICD-10 code
G44.2
ICD-10 code description
Chronic Tension-type headache Episodic tension headache Tension headache NOS

Primary outcomes

1

Description
Headache frequency
Timepoint
Before & after intervention, 2 weeks after last intervention
Method of measurement
Daily headache diary

2

Description
Headache intensity
Timepoint
Before & after intervention, 2 weeks after last intervention
Method of measurement
Daily headache diary

3

Description
Elbow joint position sense
Timepoint
Before & after intervention, 2 weeks after last intervention
Method of measurement
By Biodex Dynamometer based on degrees

Secondary outcomes

empty

Intervention groups

1

Description
Participants are initially evaluate in terms of pain and elbow joint position sense. then, by post isometric relaxation in 6 sessions over 2 weeks of treatment again participants are evaluate.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Emam Reza clinics
Full name of responsible person
Dr petramfar
Street address
Emam Reza clinics, Zand Street, Shiraz
City
Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dr.Hashemi
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Central Building of Shiraz University of Medical Sciences ,Zand Street ,Shiraz

City
Shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz 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

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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