Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparison of effects of dry needling and postural correction reeducation on the pain, pain threshold and functional disability on the active upper trapezius's trigger points.

Protocol summary

Summary

The main objective :comparing the effects of two dry needling and postural correction reeducation on pain ,pressure threshold, neck functional disability in patients with upper trapezius muscle trigger points.Other objectives: to assess the effects of a dry needle therapy and postural correction reeducation alone on variables in patients with upper trapezius muscle trigger points at 4 and 6 weeks after treatment. Design: single-center, pilot double blind clinical trial study. 15 patients from those referring to the AREF physiotherapy clinic in Qaen city. participants randomly divide into 3 groups: dry needling and common physiotherapy (5), postural correction reeducation and common physiotherapy (5 patients) and control group common physiotherapy (5 persons) . In three steps evaluated: the first and last session and 6 weeks after treatment. Inclusion criteria: The mean age 18 to 50 - One-sided neck pain with at least a trigger point in the upper trapezius muscle. Neck disability index score is 15% or more. Exclusion criteria: patients with osteoarthritis, chronic obstructive pulmonary disease and patients who take anticoagulant drugs. Patients with a history of herniated discs, degenerative joint disease, fracture or dislocation of the cervical vertebrae neck or shoulder surgery. treatment of each trigger point in the last 6 months. Fear of needle. Start since 1/10/95 .in the stage of data collection -interventions: dry needling technique: inserting a needle in trigger point - postural correction reeducation : training the correct posture of the head and neck and shoulder and then correct sitting and standing posture based on treatment of travell and simons. primary outcomes: pain with VAS, pressure threshold with algometer, neck functional disability with NDI. there is not secondary outcome.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017011024151N6**
Registration date: **2017-02-08, 1395/11/20**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-02-08, 1395/11/20

Registrant information

Name

Hamzeh Baharlouei

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Isfahan University of Medical Sciences

Expected recruitment start date

2016-12-21, 1395/10/01

Expected recruitment end date

2016-12-30, 1395/10/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Comparison of effects of dry needling and postural correction reeducation on the pain, pain threshold and functional disability on the active upper trapezius's trigger points.

Public title
Comparison of effects of dry needling and postural correction reeducation in patient with upper trapezius's trigger points.

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria: 1.The mean age 18 to 50 who have the ability to read and write. 2. One-sided neck pain with at least a trigger point in the upper trapezius muscle. 3. Neck disability index score is 15% or more. Exclusion criteria: 1. patients with tumors, infectious diseases, stage 3 and 4 osteoarthritis, scoliosis, chronic obstructive pulmonary disease and patients who take anticoagulant drugs. 2. Patients with a history of herniated discs, degenerative joint disease, fracture or dislocation of the cervical vertebrae 3. neck or shoulder surgery. 4. Treatment of dry needles on each trigger point or treatment of each trigger point in the last 6 months. 5. Fear of needles 6. disorder in the shoulder girdle, including tendonitis, bursitis, fractures and instability of the shoulder girdle

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

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **15**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Randomized with sealed envelopes

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Isfahan University of Medical Sciences

Street address
Hezar Jerib Street

City
Isfahan

Postal code

Approval date
2016-06-22, 1395/04/02

Ethics committee reference number
IR.MUI.REC.1395.3.286

Health conditions studied

1

Description of health condition studied
trigger point of muscle and Inappropriate posture

ICD-10 code
M00-M99

ICD-10 code description
M60-M63,M95-M99,G00-G99,R25.2,

Primary outcomes

1

Description
pain

Timepoint
befor. after. 6 weeks after

Method of measurement
visual analog scale

2

Description
pain pressure treshold

Timepoint
befor. after. 6 weeks after

Method of measurement
algometer

3

Description
neck functional disability

Timepoint
befor. after. 6 weeks after

Method of measurement
neck disability index

Secondary outcomes

empty

Intervention groups

1

Description

intervention: postural correction education with common physiotherapy. Education correct posture of shoulders, head and neck and proper sitting and standing. 10 sessions common physiotherapy that 5 sessions of all accompany with postural correction reeducation. 45 min

Category

Treatment - Other

2

Description

intervention. dry needling with common physiotherapy. Use the needle to release the muscle trigger points intervention.10 sessions common physiotherapy that 5 sessions accompany with dry needling. 45 min

Category

Treatment - Other

3

Description

control: common physiotherapy. including: modalities tens,ultrasound,hot pack and stretch the upper trapezius muscle. 10 sessions .30 min

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Physiotherapy AREF Clinic

Full name of responsible person

fattah

Street address

qaen, Street shafa, in front of the door shohada Hospital , AREF Physiotherapy

City

qaen

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Isfahan University of Medical Sciences

Full name of responsible person

Mrs. doctor Rezaeian

Street address

isfahan, street of hezar jerib . Isfahan University of Medical Sciences . Faculty of Rehabilitation

City

isfahan

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 of Isfahan 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

BOZORGMEHR University of qaenat

Full name of responsible person

seyed hamed shakib

Position

master of Civil Engineering and a member of the faculty

Other areas of specialty/work

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Person responsible for scientific inquiries

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The student PhD in Physical Therapy

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Person responsible for updating data

Contact

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