Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The comparison of the effect of dry needling and friction massage on trigger points of sub-occipital, temporalis, sternocleidomastoid and upper trapezius muscles in improving of symptoms of patients with tension type headache

Protocol summary

Summary

Aim: To compare the effect of dry needling and friction massage on trigger points of sub-occipital, temporalis, sternocleidomastoid and upper trapezius muscles in improving of symptoms of patients with tension type headac in improving of symptoms of patients with tension type headac Design: randomized clinical trial. Setting and Conduct: The patients receive dry needling or friction massage in order to treatment of trigger points in cervical region. Participants including major eligibility criteria: 40 patients with tension type headache who have any trigger points in sub-occipital, temporalis, sternocleidomastoid and upper trapezius muscles enter to the study and receive treatment in two 20 patients groups. Interventions: one group receives dry needling and the other group receives friction massage in the site of trigger points Time of intervention: patients in each group receive 3 sessions of treatment during 1 week Main Outcome measures: frequency and intensity of headache, range of motion in cervical region, pain threshold in trigger points site

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016110726674N4**
Registration date: **2016-11-29, 1395/09/09**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-11-29, 1395/09/09

Registrant information

Name
Marzieh Mohamadi
Name of organization / entity
Shiraz University of Medical Sciences, School of Rehabilitation Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2016-07-22, 1395/05/01

Expected recruitment end date

2016-09-22, 1395/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of the effect of dry needling and friction massage on trigger points of sub-occipital, temporalis, sternocleidomastoid and upper trapezius muscles in improving of symptoms of patients with tension type headache

Public title

The comparison of dry needling and friction massage in treatment of tension type headache

Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: tension type headache for at least 6 months; existence of any trigger points in sub-occipital, temporalis, sternocleidomastoid and upper trapezius muscles Exclusion criteria: cervical disk herniation; neurological disorders; rheumatoid disorders; useage of anti-depressant and anti-anxiety drugs; pregnant and feeding females
Age
No age limit
Gender
Both

Phase
3
Groups that have been masked
No information
Sample size
Target sample size: **40**
Randomization (investigator's opinion)
Randomized
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 Shiraz University of Medical Sciences
Street address
Zand Street
City
Shiraz
Postal code
Approval date
2016-07-17, 1395/04/27
Ethics committee reference number
IR.SUMS.REC.1395.67

Health conditions studied

1

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

Primary outcomes

1

Description
headache frequency
Timepoint
1 week
Method of measurement
patient's report

2

Description
headache intensity
Timepoint
1 week
Method of measurement
patient's report

3

Description
cervical range of motion
Timepoint
1 week
Method of measurement
goniometer

4

Description
pain threshold
Timepoint
1 week
Method of measurement
algometer

Secondary outcomes

empty

Intervention groups

1

Description
dry needling
Category
Treatment - Other

2

Description
friction massage
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
School of Rehabilitation Sciences
Full name of responsible person
Marzieh Mohamadi
Street address
Abiverdi 1 Street
City
Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for Research, Shiraz University of Medical Sciences
Full name of responsible person
Seyyed Basir Hashemi
Street address
Zand Street
City
Shiraz
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, 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

Contact
Name of organization / entity
School of Rehabilitation Sciences, Shiraz University of Medical Sciences
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Person responsible for updating data

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Fax
Email
Web page address

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