Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effect of One Session Dry Needling on Pain, Pressure Pain Threshold and Disability in patient with Active Trigger Points in the Upper Trapezius Muscle

Protocol summary

Summary

The aim of study is to evaluate the effects of dry needling on pressure pain threshold, pain and patients disability with active trigger points in the upper trapezius muscle. The study is quasi-experimental, a clinical trial that samples will be selected non-random of 23 people . Inclusion criteria will be the age of 50-30 “More than three months of pain and trigger points with palpation and exclusion criteria will be the patients with systemic diseases, ulceration and skin diseases and previous trauma in the neck . The patient will complete the Questionnaire Disability Index before the intervention and will determine pain intensity by the VA and pressure pain threshold will be recorded by algometry. then the patients will be needled and algometry will be done immediately after that. A week later disability, pain and pressure pain threshold will be assessed and recorded

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016061528474N1**
Registration date: **2016-07-01, 1395/04/11**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2016-07-01, 1395/04/11

Registrant information

Name

Reza Ebrahimi

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2016-07-22, 1395/05/01

Expected recruitment end date

2017-01-19, 1395/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of One Session Dry Needling on Pain, Pressure Pain Threshold and Disability in patient with Active Trigger Points in the Upper Trapezius Muscle

Public title

Effect of Dry Needling on Active Trigger Points

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Age of 50-30 , More than three months of pain and trigger points with palpation Exclusion criteria : patients with systemic diseases, Ulceration and skin diseases and previous trauma in the neck

Age

From **30 years** old to **50 years** old

Gender

Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **23**
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
Isfahan University of Medical Sciences
Street address
Isfahan
City
Isfahan
Postal code
8174673461
Approval date
2015-09-16, 1394/06/25
Ethics committee reference number
94/3/491

Health conditions studied

1

Description of health condition studied
Active Trigger Points
ICD-10 code
M96.9
ICD-10 code description
Postprocedural musculoskeletal disorder, unspecified

Primary outcomes

1

Description
Pressure Pain Threshold
Timepoint
One week after intervention
Method of measurement
Algometry

2

Description
Pain
Timepoint
Before the intervention
Method of measurement
Visual analogue scale

3

Description
Disability
Timepoint
Before the intervention
Method of measurement
Questionnaire

Secondary outcomes

1

Description
Age
Timepoint
Before the intervention
Method of measurement
Years

2

Description
Height
Timepoint
Before the intervention
Method of measurement
Cm

3

Description
Weaight
Timepoint
Before the intervention
Method of measurement
Kg

Intervention groups

1

Description
Dry needling
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center

Kashani Medical Educational Center

Full name of responsible person

Ebrahimi Reza

Street address

Kashani St

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

Navid Taheri

Street address

Isfahan

City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

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

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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