Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Investigation the effect of acupressure on pain, stiffness and physical function of elderly with knee osteoarthritis

Protocol summary

Study aim
The survey of effect LI 4،SP10 ،SP9، GB34، ST36، ST34 acupressure on severity of knee pain caused by osteoarthritis in the elderly living in the city of Rafsanjan city in 2017

Design
The samples were categorized into three intervention, control and touch group by using stratified randomization method (minimization). The target classes were gender-based.Then the samples were randomly assigned (lottery) to the groups.

Settings and conduct
This study is a randomized clinical trial. And place of the research is all health centers in Rafsanjan

Participants/Inclusion and exclusion criteria
Patients with osteoarthritis in one or both knees Age over 60 years old Having informed consent to participate in the study

Intervention groups
Acupressure intervention is performed by a researcher for three one hour training sessions training sessions for the elderly of the intervention group.Acupressure in this study is pressure applied at the points LI 4, SP10, SP9, GB34, ST36, ST34.

Main outcome variables
Reduce pain

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20180114038366N1**
Registration date: **2018-04-13, 1397/01/24**
Registration timing: **retrospective**

Last update: **2018-04-13, 1397/01/24**
Update count: **0**

Registration date
2018-04-13, 1397/01/24

Registrant information
Name
Tahere Norozi
Name of organization / entity
Country
Iran (Islamic Republic of)
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2017-11-22, 1396/09/01

Expected recruitment end date
2018-02-20, 1396/12/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Investigation the effect of acupressure on pain, stiffness and physical function of elderly with knee osteoarthritis

Public title
The effect of acupressure on pain, stiffness and physical function of elderly with knee osteoarthritis

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
Not receiving any supplemental or alternative treatment for osteoarthritis during the last three months Dont have

any history of using acupressure for any purpose The absence of any scars, scratches and deformities at points LI 4, SP10, SP9, GB34, ST36, ST34 Ability to speak and understand Persian language Having enough power of visual and auditory Do not use anticoagulants or any coagulation disorder Dont have history of surgery associated with the disease (such as replacement and joint repair) on the joint Having osteoarthritis in one or both diapers for at least three months based on the clinical criteria of the American College of Rheumatology BMI below 40. Having a phone line to track Aged over 60 years Having informed consent to participate in the study Not having advanced neuropathy Non-addiction and lack of chronic use of opiates Failure to inject injections into the knee joint or arthroscopy within 30 days prior to intervention Having enough cognitive and functional strength to learn and implement the intervention Lack of history of topical skin lesions and open wounds in acupressure areas, other autoimmune diseases, including lupus erythematosus, have chronic neuropathic conditions such as diabetes.

Exclusion criteria:

Having previous history of acupressure Reduced level of consciousness Patients who do not cooperate for any reason until the end of the intervention Patients who have acute pressure at the points LI4, SP10, SP9, GB34, ST36, ST34 have no feeling of warmth, heaviness, swelling or anesthesia at this point Unwillingness to cooperate with each research unit during the study Injection of housing into the knee joint during the intervention period Those who need to receive housing during the intervention until the second and third assessment of the severity of pain. Lower limb and upper limb Having mental illness during the intervention period

Age

From **60 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **96**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Factorial

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Rafsanjan University of Medical Sciences

Street address

Ali ibn Abitaleb Hospital - Imam Ali Blvd - Head Office of Rafsanjan University of Medical Sciences

City

Rafsanjan

Province

Kerman

Postal code

7717933777

Approval date

2017-12-12, 1396/09/21

Ethics committee reference number

IR.RUMS.REC.1396.121

Health conditions studied

1

Description of health condition studied

Osteoarthritis

ICD-10 code

M17.9

ICD-10 code description

Osteoarthritis of knee, unspecified

Primary outcomes

1

Description

pain

Timepoint

21 day

Method of measurement

WOMAC questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: Acupressure at LIV3 LI11, LI4 and ST 36 points.

Category

Rehabilitation

2

Description

Intervention group 2: Only touch without pressure at,

LIV3 LI11, LI4 and ST 36.

Category
Rehabilitation

3

Description
Control group: This group did not receive any acupressure treatment

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Health centers in Rafsanjan

Full name of responsible person
Ali Mozafari

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Ali Ibn Abitaleb Hospital, Mofatat Blvd, Rafsanjan-

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Grant name

Grant code / Reference number

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

Title of funding source
Rafsanjan University of Medical Sciences

Proportion provided by this source
100

Public or private sector
Public

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Rafsanjan University of Medical Sciences

Full name of responsible person
Ali Ansari Jaberi

Position
Academic instructor

Latest degree
Master

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available