Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparing the effectiveness of magnet therapy ,acupuncture and isometric exercise in patients with chronic and moderate knee osteoarthritis.

Protocol summary

Study aim

Comparing the effectiveness of magnet therapy ,acupuncture and isometric exercise in patients with chronic and moderate knee osteoarthritis

Design

Three arm parallel group design sixty patients,non - randomised ,non blinded,clinical trial

Settings and conduct

Three groups patients ,in each group twenty patients , thorough physician's opinion and days of week that patients refer to clinic,they have divided in three groups.each group under treatment with magnet therapy ,acupuncture or isometric exercise for six weeks in physical medicine and rehabilitation clinic of baqiyatallah hospital,and before first session of treatment and two months after termination of treatment western Ontario and McMaster universities in knee osteoarthritis (WOMAC) and visual analogue scale (VAS) questionnaires were filled.

Participants/Inclusion and exclusion criteria

Inclusion Criteria:knee osteoarthritis grade 2,ROM at least 100 degree,age between 45 - 65 years,history knee osteoarthritis at least 3 years,bilateral knee osteoarthritis Exclusion criteria:acute injury,advanced knee osteoarthritis,infection in injection site,history previous treatment such as corticosteroids,NSAIDS,supplements,magnet therapy ,acupuncture and massage in 3 -6 months ago,history febrile or infectious disease or patient s disagreement,patients with pace maker or any metal device in the body,chronic and malignant disease

Intervention groups

Three groups ,in each group twenty patients,each group under treatment with magnet therapy and isometric exercise,acupuncture and isometric exercise and isometric exercise , through physician's opinion and days of week that they have referred to clinic.patients in isometric exercise group are in the cotrol group of this study.

Main outcome variables

pain severity,range of motion.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181017041371N1**
Registration date: **2019-01-06, 1397/10/16**
Registration timing: **retrospective**

Last update: **2019-01-06, 1397/10/16**
Update count: **0**

Registration date

2019-01-06, 1397/10/16

Registrant information

Name

Fayeze Hakimi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2252 5793

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-05-22, 1397/03/01

Expected recruitment end date

2018-10-23, 1397/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of magnet therapy ,acupuncture and isometric exercise in patients with chronic and moderate knee osteoarthritis.

Public title

Magnet therapy ,acupuncture and isometric exercise in treatment knee osteoarthritis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Knee osteoarthritis grade 2 Range of motion knee at least 100 degree Age between 45 to 65 years old History knee osteoarthritis at least 3 years Bilateral knee osteoarthritis

Exclusion criteria:

History acute knee injury Advanced knee osteoarthritis Infection in injection site History treatment with corticosteroids,NSAIDS,supplements ,magnet therapy,acupuncture and massage in 3-6 months ago History intra-articular injection in 3-6 months ago History of infectious or febrile disease,disagreement of patients Patients with pace maker or metal device in body Chronic disease such as heart,lung,liver,renal diseases,malignant tumors,active bleeding

Age

From **45 years** old to **65 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Not 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 baqiyatallah University of medical science

Street address

Sheikh bahaei Ave,Vanak square

City

Tehran

Province

Tehran

Postal code

1435916471

Approval date

2018-04-16, 1397/01/27

Ethics committee reference number

IR.BMSU.REC.1397.051

Health conditions studied

1

Description of health condition studied

Knee osteoarthritis

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

western Ontario and McMaster universities osteoarthritis index(Womac score(knee)

Timepoint

Before initiation treatment and 2 months after termination treatment

Method of measurement

Womac score

2

Description

pain severity

Timepoint

Before initiation treatment and 2 months after termination treatment

Method of measurement

visual analogue score(VAS)

3

Description

range of motion

Timepoint

Before initiation treatment and 2 months after termination treatment

Method of measurement

Goniometer

Secondary outcomes

empty

Intervention groups

1

Description
In this study isometric exercise has been done for all patients.first group that only recieve isometric exercise are control group of this study.
Category
Treatment - Other

2

Description
in patients in Intervention group1: magnet therapy with magnotherap (2 channel magnet +2 channel multi stimulator 3 session 30 minutes weekly for 6 weeks in 10th protocol magnetic device ,in 30 minutes and intensity 35 and simultaneously isometric exercise 3 sessions 30 minutes or 6 sessions 15 minutes weekly for 6 weeks has been done.
Category
Treatment - Other

3

Description
Intervention group: in patients that they are in intervention group 2 acupuncture 3 session 30 minutes weekly for 6 weeks (18 sessions 30 minutes) and simultaneously isometric exercise 3 sessions 30 minutes weekly or 6 sessions 15 minutes weekly for 6 weeks has been done.in patients who are in control group for isometric exercise 3 sessions weekly for 30 minutes or 6 sessions15 minutes weekly for 6 weeks has been done.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Baqiyatallah hospital
Full name of responsible person
Fayeze Hakimi
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Web page address
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Bagheiat-allah 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
Bagheiat-allah University of Medical Sciences
Full name of responsible person
Fayeze Hakimi
Position
resident of physical medicine and rehabilitation
Latest degree
Medical doctor
Other areas of specialty/work
Physical Medicine
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Person responsible for scientific inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
Accessibility to all information is possible

When the data will become available and for how long
Immediately after published

To whom data/document is available
Everyone

Under which criteria data/document could be used
Without any limitations

From where data/document is obtainable
Fayeze Hakimi fa.hakimi@yahoo.com

What processes are involved for a request to access data/document
With email ,about 2 days

Comments