Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of accupuncture on pain and quality of life in canal stenosis

Protocol summary

Summary

Neurogenic claudication is a complex of symptoms that are caused by degenerative stenosis of spinal canal and inflammatory and biochemical factors that cause pain. Symptoms include pain in both lower extremities and buttock that is aggravated by walking and standing and is alleviated by sitting. Primary treatment is non surgical and includes anti-inflammatory drugs, physical therapy, bracing and epidural steroid injections. Many patients continue to have the symptoms despite these treatments and may become debilitated. Acupuncture is an alternative method that its analgesic effect has been proved in many studies. In study that has been performed in Japan acupuncture and electro acupuncture had been effective in decreasing pain in canal stenos is patients. A pilot study by Dr Hadianfar in 6 patients had good results. Of course method of needle insertion and duration in which needles stay is important. In this study 24 patients with proved canal stenosis by MRI or electro diagnosis underwent 10 episodes of acupuncture and pain and quality of life was evaluated before and after intervention and six weeks later by VAS (visual analogue scale) and SF-36 The acupoints used were:BL-23,BL-25,BL-26,BL-37,BL-40,BL-54,BL-57,,DU-20 BL-60,DU-3,DU-4,LI-4

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138905104450N1**
Registration date: **2010-09-04, 1389/06/13**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-09-04, 1389/06/13

Registrant information

Name
Ali Aminlari
Name of organization / entity
Shiraz university of medical science
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Iran (Islamic Republic of)
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+98 71 1626 5134
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aminlaria@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research

Expected recruitment start date

2009-09-01, 1388/06/10

Expected recruitment end date

2010-09-01, 1389/06/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of accupuncture on pain and quality of life in canal stenosis

Public title

Effect of accupuncture on pain and quality of life in canal stenosis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Neurogenic claudication attributed to canal stenosis that hasn't responded to drugs or physiotherapy in recent six months. Exclusion criteria: Diabetes mellitus, very severe disease and acute stage that needs surgery

Age

To **75 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **24**

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
Shiraz university of medical science

Street address
Zand ave

City
Shiraz

Postal code
713004846374

Approval date
2010-03-14, 1388/12/23

Ethics committee reference number
CT-88-1557

Health conditions studied

1

Description of health condition studied
Lumbar canal stenosis

ICD-10 code
M99.3; cat

ICD-10 code description
Lumnbar Osseous stenosis of neural canal

Primary outcomes

1

Description
Pain

Timepoint
before and after intervention and 6 weeks later

Method of measurement
Visual analogue scale

Secondary outcomes

1

Description
Quality of life

Timepoint
Before and after intervention and 6 weeks later

Method of measurement
SF-36 questionnaire

Intervention groups

1

Description
acupuncture- 10 sessions in following accupoints:BL-23,BL-25,BL-26,BL-37,BL-40,BL-54,BL-57,, DU-20 BL-60,DU-3,DU-4,LI-4 Each session takes 30 minutes

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Department of physical medicine and rehabilitation - medical school- Shiraz university of medical sci

Full name of responsible person
Ali Aminlari

Street address
zand Ave-Faghihi hospital

City
Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz university of medical sciences- Vice chancellor for research

Full name of responsible person
Dr Dabbaghmanesh

Street address
Zand Ave- shiraz university of medical science

City
Shiraz

Grant name
فصل دوم برنامه تحقیقاتی

Grant code / Reference number

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

Yes

Title of funding source

Shiraz university of medical sciences- Vice chancellor for research

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

Shiraz university of Medical sciences-collegue of medicne-Department of physical medicine and rehabi

Full name of responsible person

Ali Aminlari

Position

resident

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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