Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of Swedish massage on knee osteoarthritis

Protocol summary

Summary
This study set out to examine the effects of Swedish massage on knee Osteoarthritis. This study is a randomized controlled trial of massage therapy for knee OA. A total of 46 adults (females aged at least 35 years) with knee OA were participated in this study. They were randomized in one of the two experimental treatment groups include standard treatment (ultrasound, infrared, Analgesic stimulation, and strengthening exercise for quadriceps) with Swedish massage and control group who received standard treatment. The pain and quality of life were evaluated by VAS and WOMAC scale before and after the intervention.

General information

Acronym
IRCT registration information
IRCT registration number: **IRCT201008114549N1**
Registration date: **2010-10-31, 1389/08/09**
Registration timing: **retrospective**

Last update:
Update count: **0**
Registration date
2010-10-31, 1389/08/09

Registrant information
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Recruitment status
Recruitment complete
Funding source
Semnan University of Medical Sciences

Expected recruitment start date
2008-04-01, 1387/01/13
Expected recruitment end date
2008-09-20, 1387/06/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of Swedish massage on knee osteoarthritis

Public title
The effect of Swedish massage on knee osteoarthritis
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: woman with knee osteoarthritis, aged at least 35 years of age and had at least 5 from VAS pain assessment scale Exclusion criteria: presence of other musculoskeletal and medical condition that affect the knee, use of oral corticosteroids within the past 4 weeks, intra-articular knee depocorticosteroids within the previous 3 months, or intra-articular hyaluronate within the previous 6 months; arthroscopy of the knee within the previous year; significant injury to the knee within the previous 6 months; or a rash or open wound over the knee
Age
From **35 years** old to **70 years** old
Gender
Female

Phase
1
Groups that have been masked
No information

Sample size
Target sample size: **46**
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
Semnan University of Medical Sciences
Street address
Kilometer 5 of Damghan road
City
Semnan
Postal code
3513138111
Approval date
2009-12-14, 1388/09/23
Ethics committee reference number
12809/2/Ī

Health conditions studied

1

Description of health condition studied
Osteoarthritis
ICD-10 code
M15, M19
ICD-10 code description
Arthrosis

Primary outcomes

1

Description
Pain
Timepoint
before and after intervention
Method of measurement
VAS scale

2

Description
Quality of life
Timepoint
before and after intervention
Method of measurement
womac scale

Secondary outcomes

empty

Intervention groups

1

Description
Control group: ultrasound: 0/5-1/5w/cm2, 5 minutes in medial and lateral joint line that gradually was increased. Trans-cutaneous electrical nerve stimulation: pulse duration 200-600msec, frequency 5-10 HZ, 20 minutes Infrared: 20 minutes strengthening exercises for quadriceps
Category
Rehabilitation

2

Description
Intervention group: ultrasound: 0/5-1/5w/cm2, 5 minutes in medial and lateral joint line that gradually was increased. Trans-cutaneous electrical nerve stimulation: pulse duration 200-600msec, frequency 5-10 HZ, 20 minutes Infrared: 20 minutes strengthening exercises for quadriceps as well as Swedish massage: tapping, petrissage, traction, Eflurage , 20 minutes
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
physiotherapy centers of Semnan University rehabilitation faculty
Full name of responsible person
Elham Fatemy
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Semnan university of Medical Sciences and Health Services
Full name of responsible person
Dr Mohammad Faranoush

Street address
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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
Semnan university of Medical Sciences and Health Services
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

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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