

# RCT for the Efficacy of Soothing Cream Jel in Improving Upper Limb Pain and Motion

NCT05799391

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Status	RECRUITING
Phase	Phase 2
Sponsor	Chinese University of Hong Kong
Enrollment	70 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Age 18-60;
- Participates in regular physical activity, at least once a week for 30 minutes;
- Chronic pain in the shoulder or elbow longer than 3 months;
- items Numeric pain rating scale e4; and
- Willing to provide written informed consent.

### Exclusion (9)

- The patient had received previous physiotherapy, acupuncture, Tui Na massage, or bone-setting treatment for distal upper limb pain within the past 2 weeks;
- The pain was due to a fracture or known complex regional pain syndrome.
- History of upper limb surgery;
- Known severe medical conditions (e.g. rheumatoid arthritis, osteoporosis, cardiac, renal, hepatic, hematological diseases, vertigo, seizure, infection, malignancy, neurological impairment);
- Concomitant drugs of NSAIDs, any kind of painkillers, or anti-inflammatory drugs 15 days prior to randomization;
- ... and 4 more (see full listing online)

## Locations (1 total)

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Hong Kong Institute of Integrative Medicine, Hong Kong, Hong Kong