

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Comparison of the effect of abdominal and hamstring muscle tapping on lumbar hyper lordosis reduction in 20-45 years old females

Protocol summary

Summary

The purpose of this study is comparison of two taping techniques including abdominal muscle and hamstring taping. The female aged between 20-45 years who have at least 40 degree of hyperlordosis. subjects with known neuromuscular, rheumatoid and the other diseases affecting musculoskeletal conditions were excluded of this study. The samples didn't use drugs and braces for treatment of hyperlordosis. The sample size was calculated as 30 persons that after filling out a consent form, subjects participated in experiments. The subjects were randomly assigned into two groups . For first group abdominal muscles taping and for the other group, hamstring taping was applied . Lumbar lordosis was measured before, immediately and 24 hours after taping by flexicurve ruler.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014020916532N1**

Registration date: **2015-02-12, 1393/11/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-02-12, 1393/11/23

Registrant information

Name

Sara Abolahrari Shirazi

Name of organization / entity

Shiraz University of Medical Sciences- Rehabilitation Sciences Faculty

Country

Iran (Islamic Republic of)

Phone

+98 71 3627 1551

Email address

sahrari@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

research affairs of Shiraz University of Medical Sciences

Expected recruitment start date

2014-02-20, 1392/12/01

Expected recruitment end date

2014-06-05, 1393/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of abdominal and hamstring muscle tapping on lumbar hyper lordosis reduction in 20-45 years old females

Public title

The effect of muscle tapping on lumbar curve reduction

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: female aged between 20-45 years; having at least 40 degree of hyperlordosis Exclusion criteria: neuromuscular diseases; rheumatoid diseases ; diseases affecting musculoskeletal conditions; using of other interventions such as drug, brace and exercise

Age

From **20 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 30

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

Shiraz University of Medical Sciences

Street address

Zand Blv.

City

Shiraz

Postal code

Approval date

2014-01-13, 1392/10/23

Ethics committee reference number

CT-P-92-5573

Health conditions studied

1

Description of health condition studied

hyperlordosis

ICD-10 code

M99.8

ICD-10 code description

other biomechanical lesions

Primary outcomes

1

Description

lumbar lordosis

Timepoint

before, immediately and 24 hours after intervention

Method of measurement

flexicurve ruler and calculation with mathematic formula

Secondary outcomes

empty

Intervention groups

1

Description

For first group abdominal muscles taping was applied .For taping of rectus abdominus muscles ,all the subjects were asked to be in supine position with knee flexed. Then tape was applied over symphysis pubis to xiphoid process (with longitudinal elasticity 30 %) .And for external oblique muscle in side lying position, one strip was placed over inguinal area to spinous process of T12 with a longitudinal elasticity of 30%.

Category

Treatment - Other

2

Description

For second group hamstring muscles taping was applied.In standing position, the patient were asked to bend forward until hip flexed and knee extend and then two stripes were placed over the left and right biceps femoris muscles from origin to insertion with a longitudinal elasticity of 30% . For the taping of semi membranous muscles in the same position tape were applied over ischial tuberosity to insertion of pesanserinus insertion with a longitudinal elasticity of 30% .

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Physiotherapy Department of Rehabilitation Sciences Faculty

Full name of responsible person

Farzaneh Moslemi Haghighi

Street address

POBox: 71345-1733, Rehabilitation Sciences Faculty, Abiverdi 1 street, Chamran Blvd., Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Seyed Basir Hashemi

Street address

Zand Blv.

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz University of Medical Sciences

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

Full name of responsible person

Farzaneh Moslemi Haghighi

Position

academic member

Other areas of specialty/work

Street address

POBox: 71345-1733, Rehabilitation Sciences Faculty,
Abiverdi 1 street, Chamran Blvd., Shiraz

City

Shiraz

Postal code

7194733669

Phone

+98 71 3627 1551

Fax

+98 71 3627 2495

Email

moslemif@sums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Farzaneh Moslemi Haghighi

Position

academic member

Other areas of specialty/work

Street address

POBox: 71345-1733, Rehabilitation Sciences Faculty,
Abiverdi 1 street, Chamran Blvd., Shiraz

City

Shiraz

Postal code

7194733669

Phone

+98 71 3627 1551

Fax

Email

moslemif@sums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Shiraz University of Medical Sciences- Rehabilitation
Sciences Faculty

Full name of responsible person

Sara Abolahrari Shirazi

Position

Physiotherapy MSc.

Other areas of specialty/work

Street address

POBox: 71345-1733, Rehabilitation Sciences Faculty,
Abiverdi 1 street, Chamran Blvd., Shiraz

City

Shiraz

Postal code

7194733669

Phone

+98 71 3627 1551

Fax

+98 71 3627 2495

Email

sa_ahrari@yahoo.com

Web page address

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