Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison the effect of kinesiotape with placebo on chronic nonspecific low back pain among health care workers

Protocol summary

Summary

Nonspecific low back pain (NSLBP) is a very common condition in different group of population including health care workers. Several noninvasive treatments have been proposed for treatment of NSLBP. One of the treatments is called taping. Kinesio Taping (KT) has been widely used in clinical practice. However, it is unknown whether this type of tape is more effective than placebo taping in patients with chronic lower back pain. The aim of the present study is to observe the effect of Kinesio taping as add on therapy with traditional management of NSLBP. Seventy male and female patients with CNSLBP will be randomly divided into two groups. Intervention group (n=35): Kinesio tape at lumbosacral region, weekly for 4 weeks. kinesiotapes will be provided from Darco company, black version & tension about 1.4 times will be apply with the H method. Patient will continue the usual care as well. Control group (n=35): Same tape will be used without any tension as placebo. Patient will continue the usual care as well. The intervention sessions for both groups will be weekly for four weeks. Outcomes will be assessed at beginning, end of week four and end of month three for pain severity as primary outcome using VAS and activities of daily living (ADL) as secondary outcome using the Roland-Morris Disability.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016080618257N1**
Registration date: **2017-09-27, 1396/07/05**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-09-27, 1396/07/05

Registrant information

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Amin Azhari
Name of organization / entity
Mashhad University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Mashhad University of Medical Sciences

Expected recruitment start date

2016-09-15, 1395/06/25

Expected recruitment end date

2017-04-15, 1396/01/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the effect of kinesiotape with placebo on chronic nonspecific low back pain among health care workers

Public title

Effect of taping on back pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Patient' s age should be between 18-60; Has low back pain for more than 3 month; Without history of surgery on lumbosacral region; Should work in

health care field; Without history of important reason for pain such as inflammation, fractures or malignancies; Without clinical feature indicative of roots involvement; Without history of physical therapy in last 6 month; Without history of previous taping. Exclusion criteria: Patient's unwillingness to continue the study; Patient use a new kind of treatment during the study;Without allergic dermatitis on lumbosacral region .

Age
From **18 years** old to **60 years** old

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features
Random number table will be use for randomization process

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics commitee of Mashhad University of Medical Sciences

Street address
Qoreishi building, Administration Center, Daneshgah St, Mashhad

City
Mashhad

Postal code
91388-13944

Approval date
2016-05-11, 1395/02/22

Ethics committee reference number
IR.MUMS.fm.REC.1394.500

Health conditions studied

1

Description of health condition studied
Low back pain

ICD-10 code
M54.5

ICD-10 code description
Low back pain

Primary outcomes

1

Description
Pain Severity

Timepoint
At the beginning, at the end of 4th week, at the end of 3th month

Method of measurement
Visual Analoug Scale

Secondary outcomes

1

Description
Activity of Daily living

Timepoint
At the beginning, at the end of 4th week, at the end of 3th month

Method of measurement
Roland-Morris Disability Scale

Intervention groups

1

Description
Intervention group: Kinesio tape at lumbosacral region, weekly for 4 weeks. kinesiotapes will be provided from Darco company, black version & tension about 1.4 times will be apply with the H method. Patient will continue the usual care as well.

Category
Rehabilitation

2

Description
Control group: Same tape will be used without any tension as placebo. Patient will continue the usual care as well.

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Rehabilitation Clinic at Imam Reza(PBUH) hospital

Full name of responsible person
Dr Amin Azhari

Street address
Imam Reza Square, Imam Reza Hospital, Imam Reza (PBUH) clinic, room 216
City
Mashhad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for research of Mashhad University of Medical Sciences.
Full name of responsible person
Marjan Ardakanian
Street address
P.O. Box: 91375-345, Qoreishi building, Administration Center, Daneshgah St, Mashhad
City
Mashhad
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for research of Mashhad 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
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Assistant professor of Physical & Rehabilitation Medicine
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Person responsible for updating data

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Other areas of specialty/work
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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