

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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

##### Name

Amin Azhari

##### Name of organization / entity

Mashhad University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 1802 2353

##### Email address

azharia@mums.ac.ir

#### 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 committee 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 Analogue 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**

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azharia@mums.ac.ir

**Web page address****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**

Mashhad University of Medical Sciences

**Full name of responsible person**

Amin Azhari

**Position**

Assistant professor of Physical & Rehabilitation Medicine

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**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*