

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 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

Mashhad

azharia@mums.ac.ir

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Mashhad University of Medical sciences

Full name of responsible person

Amin Azhari

Position

Physical & Rehabilitation medicine

Other areas of specialty/work**Street address**

Physical & Rehabilitation Medicine department, Imam Reza(PBUH) hospital

City

Mashhad

Postal code**Phone**

+98 51 3802 2353

Fax

+98 38540043

Email

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

Other areas of specialty/work**Street address**

3d floor, No 62, Emamat 9

City

Mashhad

Postal code**Phone**

+98 51 3802 2353

Fax

+98 51 3854 0043

Email**Person responsible for updating data****Contact****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Amin Azhari

Position

Assistant professor of Physical & Rehabilitation Medicine

Other areas of specialty/work**Street address**

Physical & Rehabilitation Medicine department, Imam Reza(PBUH) hospital

City

Mashhad

Postal code**Phone**

+98 51 3802 2353

Fax

+98 51 3854 0043

Email

azharia@mums.ac.ir

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