

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 2026

### Effect of kinesiotaping and stretching exercise on shoulder positional parameter female subject with rounded shoulder posture

#### Protocol summary

##### Summary

The purpose of the study is to determine the effect of kinesiotaping and pectoralis minor stretching exercise on forward shoulder angle in female subjects with rounded shoulder posture. Method: Twenty female students aged between 18 to 25 years old with rounded shoulder posture participate in this study. To determine the amount of rounded shoulder posture, forward shoulder angle is measured after digital photography. Subjects with forward shoulder angle equal or greater than 52 degrees consider to have rounded shoulder posture. Then, the subjects are assigned to two groups randomly: the stretch group and the stretch plus kinesiotape group. Both groups are trained for doing home exercise to stretch Pectoralis minor bilaterally for two weeks. Kinesiotape group is received kinesiotape on scapular area additionally. Forward shoulder angle is measured in four sessions including pre-intervention (first session), immediately after the first intervention (second session), fourth day (third session) and at the end of two weeks (fourth session).

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014121620330N1**

Registration date: **2015-01-03, 1393/10/13**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2015-01-03, 1393/10/13

##### Registrant information

##### Name

Ali Amiri

##### Name of organization / entity

School of Rehabilitation Sciences of Iran University,

##### Country

Iran (Islamic Republic of)

##### Phone

+98 982122228052

##### Email address

amiri.a@iums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for medical sciences research of Iran University of Medical Sciences

##### Expected recruitment start date

2015-01-20, 1393/10/30

##### Expected recruitment end date

2015-06-19, 1394/03/29

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of kinesiotaping and stretching exercise on shoulder positional parameter female subject with rounded shoulder posture

##### Public title

Effect of kinesiotaping and stretching exercise on shoulder positional parameter in female subject with rounded shoulder posture

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

inclusion criteria: age between 18-30 years; female; rounded shoulder posture(forward shoulder angle equal or more than 52 degree); pectoralis minor shortness; body mass index equal or less than 24/9 Kg/m2; scapular

retractor strength equal or more than 3 in manual muscle testing exclusion criteria: skin abnormal reaction to kinesiotape; history of surgery or trauma in shoulder, cervicothoracic and temporomandibular; pain in shoulder, cervical and thoracic region; structural postural abnormality like scoliosis

#### Age

From **17 years** old to **30 years** old

#### Gender

Female

#### Phase

2

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **20**

#### 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

Tehran university of medical sciences ethics committee

##### Street address

6 th floor, next to the Ghods St, Keshavars Blv, Valiasr Sq.

##### City

Tehran

##### Postal code

#### Approval date

2014-04-05, 1393/01/16

#### Ethics committee reference number

130/1/93/5

## Health conditions studied

### 1

#### Description of health condition studied

rounded shoulder posture

#### ICD-10 code

R29.8,R29.

#### ICD-10 code description

abnormal posture, other and unspecified symptoms and

signs involving the nervous and musculoskeletal systems

## Primary outcomes

### 1

#### Description

forward shoulder angle

#### Timepoint

preintervention- immediately after first intervention- fourth day-end of intervention

#### Method of measurement

Forward shoulder angle measurement by using MB-ruler after digital photography by degree scale

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

control group: pectoralis minor stretching exercise, two weeks, daily with 3 repetition, 30 second holding

#### Category

Rehabilitation

### 2

#### Description

intervention group: scapular kinesiotaping and pectoralis minor stretching exercise. kinesiotape replace five time in two week. stretching exercise should do daily, with 3 repetition and 30 second holding

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

School of Rehabilitation Sciences of Iran University

##### Full name of responsible person

Ali Amiri

##### Street address

School of Rehabilitation Sciences of Iran University,, Shahid Shahnazari alley, Mirdamad St,

##### City

Tehran

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for medical sciences research of Iran University of medical sciences

**Full name of responsible person**

Seyed Ali Javad Moosavi

**Street address**

7th Floor, Department of Internal Medicine, Hazrat-E-Rasoul Hospital, Iran University of Medical Sciences, Niayesh St., Sattarkahn Ave

**City**

Tehran

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Vice chancellor for medical sciences research of Iran 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**

Department of physiotherapy, school of rehabilitation sciences,Iran University of Medical Sciences

**Full name of responsible person**

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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*