Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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

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Name of organization / entity

School of Rehabilitation Sciences of Iran University,

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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 univercity of medical sciences ethics committee

Street address
6 th floor, next tothe 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/ɔ

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- immadiatly 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

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

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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
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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

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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