

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparison of effect of two taping method (kinesio and McConnell) and their effect on functional activities and pain in athlete with patellofemoral pain syndrome

Protocol summary

Summary

Objectives: Comparison of two taping techniques (kinesio and McConnell) and their effect on functional activities and pain in athlete with patellofemoral pain syndrome. Design: This is a randomized clinical trial. Thirty athletes will be randomly assigned to three groups: kinesio taping; McConnell taping and control groups. Participants: 30 athletes aged 18-35 years old will take part in the study. Inclusion criteria: unilateral anterior or retropatellar knee pain; existence of symptoms for at least 1 month and an average pain level of 3 on visual analog scale. Exclusion criteria: history of patellar dislocation; bilateral PFP; had an allergy to adhesive tape; referred pain from the lumbar spine and hip joint. Interventions: for kinesio taping group VMO muscles to the facilities type. For McConnell taping group mechanical correction of patellar done by pulling the patella to medial. For control group will not perform any taping. Individuals in both groups will be assessed for pain; Vertical Jump; agility; Sprint; balance and Muscle strength Before; immediately after intervention, 24 hr and 48 hr after intervention. Main Outcome Measures: Quadriceps muscle strength; pain level using the 10-cm visual analog scale; agility by shuttle running test; Sprint running; Vertical Jump by sargent jump test and Reach distance that normalize by dividing the distance by the participants' leg length during Y balance test performance.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015012420764N1**
Registration date: **2015-05-10, 1394/02/20**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-05-10, 1394/02/20

Registrant information

Name

Mahlegheh Mortazavi

Name of organization / entity

Shiraz School of Rehabilitation, Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71535239943

Email address

m_mortazavi@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of University of Medical Sciences

Expected recruitment start date

2014-10-23, 1393/08/01

Expected recruitment end date

2015-01-21, 1393/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of effect of two taping method (kinesio and McConnell) and their effect on functional activities and pain in athlete with patellofemoral pain syndrome

Public title

The effect of taping on performance in athletes with patellofemoral pain syndrome	
Purpose	Supportive
Inclusion/Exclusion criteria	Inclusion critria: behind or around the patella pain resulting from at least two of the following activities: prolonged sitting, ascending or descending the stairs, prolonged walking, squatting, running, kneeling, and hopping or jumping; existance of symptoms for at least 1; lateral shift of patella; tight lateral structure of knee; Average pain score ≥ 3 cm on a 10-cm visual analog scale (VAS) at the time of the evaluation; and at least grade 11 in Functional Index Questionnaire. Exclusion critria: a history of patellar dislocation or subluxatio; bilateral PFP,had an allergy to adhesive tape; referred pain from the lumbar spine and hip joint; severe leg length discrepancy more 2 cm; patella tendinitis ('Jumper's knee'); tibial tubercle apophysitis (Osgood Schlatters disease); bursitis; infrapatella fat pad lesion (Hoffa's syndrome).
Age	From 18 years old to 35 years old
Gender	Female
Phase	2-3
Groups that have been masked	No information
Sample size	Target sample size: 30
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	
<u>1</u>	
Ethics committee	
Name of ethics committee	Ethics Committee of Shiraz University of Medical Sciences
Street address	Shiraz University of Medical Sciences, Zand Ave
City	Shiraz
Postal code	
Approval date	2014-11-19, 1393/08/28

Ethics committee reference number CT-9375-7215	
Health conditions studied	
<u>1</u>	
Description of health condition studied	Patellofemoral pain syndrome
ICD-10 code	M94.2
ICD-10 code description	Chondromalacia
Primary outcomes	
<u>1</u>	
Description	Pain
Timepoint	Before ,immediately after intervention ,24 hr and 48 hr after intervention
Method of measurement	Visual analog scale
<u>2</u>	
Description	Reach distance in dynamic balance
Timepoint	Before ,immediately after intervention ,24 hr and 48 hr after intervention
Method of measurement	Tape
<u>3</u>	
Description	Vertical jump
Timepoint	Before ,immediately after intervention ,24 hr and 48 hr after intervention
Method of measurement	Tape
<u>4</u>	
Description	Sprint
Timepoint	Before ,immediately after intervention ,24 hr and 48 hr after intervention
Method of measurement	Chronometer
<u>5</u>	
Description	Measurement of isometric quadriceps muscle
Timepoint	Before ,immediately after intervention ,24 hr and 48 hr

after intervention
Method of measurement
Dynamometer

6

Description

Shuttle running(agility)

Timepoint

Before ,immediately after intervention ,24 hr and 48 hr after intervention

Method of measurement

Chronometer

Secondary outcomes

empty

Intervention groups

1

Description

For first group McConnell taping will apply to correct the position of the patella layer was applied from lateral femoral condyle to just posterior of the medial femoral condyle. The patella will completely covered by the base layer. Second layer will attached from the lateral patellar border to posterior of medial condyle.

Category

Rehabilitation

2

Description

For second group The kinsio taping will apply from the direction of origin to insertion with 25-50% of its maximal length tension' which was proposed to provide muscle facilitation effect.

Category

Rehabilitation

3

Description

For control group will not perform any taping

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Ghadir sports club

Full name of responsible person

Ms Zaravar

Street address

Shiraz School of Rehabilitation, First Abiverdi Ave, Chamran Boulevard.

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-Chancellery for Research of Shiraz University of Medical Sciences

Full name of responsible person

Dr. Mohammad Ali Sahmeddini

Street address

Vice-Chancellery of Research, Shiraz University of Medical Sciences, Zand Ave

City

Shiraz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice-Chancellery for Research of Shiraz 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

Shiraz School of Rehabilitation, Shiraz University of Medical Sciences

Full name of responsible person

Mahlegaha Mortazavi

Position

Student

Other areas of specialty/work

Street address

Shiraz School of Rehabilitation, First Abiverdi Ave, Chamran Boulevard.

City

Shiraz

Postal code

Phone

+98 917 260 2774

Fax

Email

m_mortazavi@sums.ac.ir

Web page address

Person responsible for scientific

inquiries

Contact

Name of organization / entity

Shiraz School of Rehabilitation, Shiraz University of Medical Sciences

Full name of responsible person

Dr. Soraya piroozi

Position

Assistant Professor of Shiraz University of Medical Sciences

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

Shiraz School of Rehabilitation, First Abiverdi Ave, Chamran Boulevard.

City

Shiraz

Postal code**Phone**

+98 917 387 8391

Fax**Email**

piroozis@sums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Shiraz School of Rehabilitation

Full name of responsible person

Mahleghe Mortazavi

Position

Student

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

First Abiverdi, Chamran Boulevard

City

Shiraz

Postal code**Phone**

00

Fax**Email****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