

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

30 Jun 2026

### Effects of Taping on Pain and Functional Outcome in Patients with Knee Osteoarthritis

#### Protocol summary

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#### Summary

**Objective:** To determine the effects of knee taping in combination with exercise and medical treatment on functional outcome of patients with knee osteoarthritis.  
**Methods:** In a randomized single-blinded clinical trial, 36 patients with knee osteoarthritis were randomly assigned to two study groups. Both groups received exercise and medical therapy for 6 weeks. In addition, the case group (20 patients) received taping in the first 3 weeks. Pain severity (assessed by visual analogue scaling), weekly amount of analgesics consumption, timed get Up and Go test (TUG) and step tests were recorded at baseline, 3 and 6 weeks after the treatment and were further compared between two study groups.

#### Recruitment status

**Recruitment complete**

#### Funding source

Isfahan University of Medical Sciences

#### Expected recruitment start date

2014-05-22, 1393/03/01

#### Expected recruitment end date

2014-08-21, 1393/05/30

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015041021673N1**

Registration date: **2015-04-30, 1394/02/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-04-30, 1394/02/10

##### Registrant information

###### Name

Mahboobeh Mashayekhi Asl

###### Name of organization / entity

Isfahan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 31 3443 9361

###### Email address

#### Scientific title

Effects of Taping on Pain and Functional Outcome in Patients with Knee Osteoarthritis

#### Public title

effectiveness of taping in knee osteoarthritis

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

**Inclusion criteria:** knee OA with radiological grade I,II or III (based on Kellgren-Lawrence grading scale); no presence of any inflammatory arthritis; no history of any injection at knee or any surgical intervention in this part within the last 6-month; no suspicion to other pathologies in the knee; not severe obesity; no instability of the knee joint; no cardiovascular disorders (due to cardiovascular side-effect of celecoxib); no trauma to the knee during the study; **Exclusion criteria:** allergic reaction to tape or any skin problem that prevents the tape; not following the treatment by patients; performing physiotherapy within treatment schedule

#### Age

No age limit

#### Gender

Both

## Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: **44**

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Single blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Isfahan University of Medical Sciences

##### Street address

Daneshgah st.

##### City

Isfahan

##### Postal code

#### Approval date

2014-05-14, 1393/02/24

#### Ethics committee reference number

393450

## Health conditions studied

### 1

#### Description of health condition studied

knee osteoarthritis

#### ICD-10 code

M17.1

#### ICD-10 code description

Other primary gonarthrosis

## Primary outcomes

### 1

#### Description

pain

#### Timepoint

0-3w-6w

#### Method of measurement

VAS Score

### 2

#### Description

Timed Up and Go

#### Timepoint

0-3w-6w

#### Method of measurement

The patient is observed and timed while he rises from an arm chair, walks 3 meters, turns, walks back, and sits down again

### 3

#### Description

step test

#### Timepoint

0-3w-6w

#### Method of measurement

The Step Test involves stepping one foot on, then off, a block as quickly as possible in 15 seconds.

## Secondary outcomes

### 1

#### Description

weekly mean of analgesics consumption

#### Timepoint

0-3w-6w

#### Method of measurement

mean number of Celecoxib 100mg capsules consumed at last week

## Intervention groups

### 1

#### Description

control: cap celecoxib 100mg, 1-3 capsules per day (based on pain severity)

#### Category

Treatment - Drugs

### 2

#### Description

control: exercise(stretching for hamstring and calf muscle and strengthening for quadriceps femoris)

#### Category

Rehabilitation

### 3

#### Description

intervention: exercise(stretching for hamstring and calf muscle and strengthening for quadriceps femoris)

#### Category

Rehabilitation

### 4

#### Description

intervention : cap celecoxib 100mg 1-3 daily(based on

pain severity)

**Category**

Treatment - Drugs

**5****Description**

intervention: knee taping

**Category**

Rehabilitation

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Al-Zahra Hospital

**Full name of responsible person**

Mahboobeh Mashayekhi Asl M.D.

**Street address****City**

Isfahan

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Isfahan University of Medical Sciences

**Full name of responsible person**

Mahboobeh Mashayekhi Asl M.D.

**Street address**

Daneshgah st.

**City**

Isfahan

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

Yes

**Title of funding source**

Isfahan 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**

Isfahan University of Medical Sciences

**Full name of responsible person**

Mahboobeh Mashayekhi Asl

**Position**

Resident, Physical Medicine and Rehabilitation

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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*