

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jul 2026

Immediate and delayed effects of KinesioTaping on Balance in Subjects with Patellofemoral Pain Syndrom with and without Perturbation

Protocol summary

Summary

Objective:The aim of this study is to immediate and delayed effects of KinesioTaping on Balance in Subjects with Patellofemoral Pain Syndrom with and without Perturbation. **Inclusion criteria:** age between 15-35 years old; Anterior knee pain. **Exclusion ceriteria:** History of surgery in the knee joint; osteoarthritis of knee. **Design:**This is a randomized clinical trial study with control group. **Setting:**40 subjects with patellofemoral pain syndrom in 2 groups intervention and control. **Interventions:** the use of tape in the intervention group and balance indices and compare it with the control group. In each measurement, balance tests consisted of three phases without perturbation, anterior-posterior and lateral perturbation stage is that each of these steps within 30 seconds, relax and repeat 3 times done.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015060622539N2**

Registration date: **2016-03-20, 1395/01/01**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-03-20, 1395/01/01

Registrant information

Name

Ziaeddin Safavi Farokhi

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 3365 4180

Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Semnan University of Medical Sciences

Expected recruitment start date

2016-04-18, 1395/01/30

Expected recruitment end date

2016-06-04, 1395/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Immediate and delayed effects of KinesioTaping on Balance in Subjects with Patellofemoral Pain Syndrom with and without Perturbation

Public title

The effect of Kinesio Tape in Subjects with Patellofemoral pain syndrom

Purpose

Prevention

Inclusion/Exclusion criteria

inclusion criteria: age between 15-35 years old; Anterior or retropatellar pain No history of trauma that lasts at least a month; pain was aggravated by at least two of the following kneeling, squatting, running hopping/jumping, stair climbing; minimum and maximum in visual analog scale 3-7; No physical therapy the last month. Exclusion ceriteria: Unwillingness to participate in the project; History of surgery in the knee joint; osteoarthritis of knee; Any traumatic, inflammatory and infectious pathology in the lower extremity; Dislocation

or subluxation of patella; meniscus or ligament of damage; problems with vision, auditory and vestibular system; neuromuscular deficit; inability to understand and how to test.

Age

From **15 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

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

Ethics committee of Semnan University of Medical Sciences

Street address

Semnan, Kilometer 5 of Damghan Road, Semnan University of Medical Sciences

City

semnan

Postal code

Approval date

2015-12-01, 1394/09/10

Ethics committee reference number

IR.semums.Rec.1394.121

Health conditions studied

1

Description of health condition studied

Injury of knee and lower leg

ICD-10 code

s86.2

ICD-10 code description

Injury of muscles and tendons of anterior muscle group at lower leg level

Primary outcomes

1

Description

movement of center of pressure

Timepoint

before and 10 minutes after intervention and 48hours after intervention

Method of measurement

In millimeters

2

Description

Ground reaction force

Timepoint

before and 10 minutes after intervention and 48hours after intervention

Method of measurement

In Newton

Secondary outcomes

empty

Intervention groups

1

Description

In the intervention group, the kinesiotape of patella mechanical correction technique and tension by 50% and the balance test during the third stage without the perturbation, anterior-posterior and lateral perturbation with a duration of one minute rest between stages and has done three times.

Category

Prevention

2

Description

In the control group, the test balance test during the third stage without the perturbation, anterior-posterior and lateral perturbation with a duration of one minute rest between stages and has done three times.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Neuromuscular Rehabilitation Research Center of Semnan University of Medical Sciences

Full name of responsible person

Ziaeddin Safavi Farokhi

Street address

Mashahir Square, in front of Helal Ahmar

City
semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Semnan University of
Medical Sciences

Full name of responsible person

Ali Rashidipour

Street address

Semnan, Kilometer 5 of Damghan Road

City

semnan

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, Semnan 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

Semnan University of Medical

Full name of responsible person

Ziaeddin Safavi Farokhi

Position

Ph.D, Assistant Professor

Other areas of specialty/work

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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