

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jul 2026

### Comparison of patellar taping versus patellar bracing with exercise therapy on pain and function in females with patellofemoral pain syndrome

#### Protocol summary

##### Summary

Objective: comparison of patellar taping versus patellar bracing with exercise therapy on pain and level of function in females with patellofemoral pain syndrome  
Design of the study: randomized clinical trial  
Inclusion criteria: Subjects 18-43 y age; Pain level 3 or more on a 10cm visual analog scale; Onset of pain at least 3weeks but no greater than 2 months; Atraumatic peripatellar or retropatellar knee pain during at least 2 activities of prolonged sitting, increase in physical activity, climbing stairs, squatting, kneeling, running and jumping; Pain on palpation of the medial and lateral facet of the patella; Unilateral patellofemoral pain syndrome  
Exclusion criteria: History of knee joint surgery; History of subluxation or dislocation of the patella, meniscal damage, ligamentous instability, patellar tendon pathology and chondral damage; Clinical evidence of knee osteoarthritis; Spinal referred pain; Corticosteroid injection in the knee joint within the past 3 months; Pregnancy or the possibility of pregnancy; History of knee joint trauma; Neurological and orthopedic impairment that affected balance  
Sample size: 30 females with unilateral patellofemoral pain syndrome  
Interventions: the subjects is randomly assigned to patellar taping with exercise therapy group and patellar bracing with exercise therapy group  
Duration of interventions: subjects complete 9 treatment sessions provide 3 times per week for 3 weeks  
Main outcome measures: pain, subjective and objective function is measured before and after interventions, pain intensity is quantified using a 10-cm visual analog scale, subjective function is assessed using kujala patellofemoral scale and objective function is also examined using performance functional tests.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015081123593N1**

Registration date: **2015-09-27, 1394/07/05**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2015-09-27, 1394/07/05

##### Registrant information

##### Name

Maryam Farokhnia

##### Name of organization / entity

Musculoskeletal Rehabilitation Research Center

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 3374 3102

##### Email address

farokhnia.m@ajums.ac.ir

##### Recruitment status

##### Recruitment complete

##### Funding source

Vice chancellor for research, Ahvaz Jundishapor University Of Medical Sciences

##### Expected recruitment start date

2015-09-01, 1394/06/10

##### Expected recruitment end date

2016-01-20, 1394/10/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**

empty

**Scientific title**

Comparison of patellar taping versus patellar bracing with exercise therapy on pain and function in females with patellofemoral pain syndrome

**Public title**

The effect of patellar taping and patellar bracing on pain and fuction in females with knee pain

**Purpose**

Treatment

**Inclusion/Exclusion criteria**

Inclusion criteria: Subjects 18-43 y age; Pain level 3 or more on a 10cm visual analog scale; Onset of pain at least 3weeks but no greater than 2 months; Atraumatic peripatellar or retropatellar knee pain during at least 2 activities of prolonged sitting, increase in physical activity, climbing stairs, squatting, kneeling, running and jumping; Pain on palpation of the medial and lateral facet of the patella; Unilateral patellofemoral pain syndrome  
 Exclusion criteria: History of knee joint surgery; History of subluxation or dislocation of the patella, meniscal damage, ligamentous instability, patellar tendon pathology and chondral damage; Clinical evidence of knee osteoarthritis; Spinal referred pain; Corticosteroid injection in the knee joint within the past 3 months; Pregnancy or the possibility of pregnancy; History of knee joint trauma; Neurological and orthopedic impairment that affected balance

**Age**

From **18 years** old to **43 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****1****Ethics committee****Name of ethics committee**

Ethics Committee of Ahvaz Jundishapur University of Medical Sciences

**Street address**

Musculoskeletal Rehabilitation Research Center,  
 School of Rehabilitation Sciences, Ahvaz Jundishapur  
 University of Medical Sciences, Golestan, Ahvaz, Iran

**City**

Ahvaz

**Postal code**

6135733133

**Approval date**

2015-06-06, 1394/03/16

**Ethics committee reference number**

IR.AJUMS.REC.1394.139

**Health conditions studied****1****Description of health condition studied**

Patellofemoral pain syndrome

**ICD-10 code**

M22.2

**ICD-10 code description**

Patellofemoral disorders

**Primary outcomes****1****Description**

Pain

**Timepoint**

Before and after intervention

**Method of measurement**

Visual analog scale

**2****Description**

Subjective function

**Timepoint**

Before and after intervention

**Method of measurement**

kujala questionnaire

**3****Description**

Objective function

**Timepoint**

Before and after intervention

**Method of measurement**

Performance functional test

**Secondary outcomes**

empty

## Intervention groups

### 1

#### Description

Intervention1: McConnell patellar taping technique with exercise therapy program include stretching of hamstring, plantar flexor, quadriceps and iliotibial band muscles and strengthening of quadriceps, hip abductors and hip external rotators muscles

#### Category

Treatment - Other

### 2

#### Description

Intervention2: patellar bracing with exercise therapy program include stretching of hamstring, plantar flexor, quadriceps and iliotibial band muscles and strengthening of quadriceps, hip abductors and hip external rotators muscles

#### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Musculoskeletal Rehabilitation Research Center

##### Full name of responsible person

Maryam Farokhnia

##### Street address

Musculoskeletal Rehabilitation Research Center,  
School of Rehabilitation Sciences, Ahvaz Jundishapur  
University of Medical Sciences, Golestan, Ahvaz, Iran

##### City

Ahvaz

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for research, Ahvaz Jundishapur  
University of Medical Sciences

##### Full name of responsible person

Dr. Nader Saki

##### Street address

Vice chancellor for research, Ahvaz Jundishapur  
University of medical Sciences, Golestan, Ahvaz, Iran

##### City

Ahvaz

#### 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, Ahvaz Jundishapur

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

Musculoskeletal Rehabilitation Research Center

##### Full name of responsible person

Maryam Farokhnia

##### Position

B.Sc

##### Other areas of specialty/work

##### Street address

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## Person responsible for scientific inquiries

#### Contact

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##### Full name of responsible person

Shahla Zahednezhad

##### Position

Assistant Professor

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## **Person responsible for updating data**

### **Contact**

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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*