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 3 weeks 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
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Recruitment status
Recruitment complete
Funding source
Vice chancellor for research, Ahvaz Jundishapar 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
Comparison of patellar taping versus patellar bracing with exercise therapy on pain and function in females with patellofemoral pain syndrome

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

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

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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

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1

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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