

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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

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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 function 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
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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

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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

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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

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

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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

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B.Sc

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