

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 2026

comparison of manual therapy and taping in patients 40-60 years old with knee osteoarthritis

Protocol summary

Summary

Objectives: comparison of manual therapy and taping in patients 40-60 years old with knee osteoarthritis Design: 36 patients with knee osteoarthritis were selected and divided into two groups of taping and manual therapy (mobilization) by simple randomization. It was not blinded. Setting: At the first of each session, each group would receive a routine physical therapy including Ultrasound and TENS. Taping was performed in 6 sessions, every other day and manual therapy was done in 10 consecutive sessions. Participants : patients with knee osteoarthritis Inclusion criteria: Knee pain more than a year; medial knee pain with crepitation during active movements; ageing 40-60 years old; morning stiffness more than 30 minutes; osteophyte in knee joint; more joint space loss in medial side of knee than lateral side Exclusion criteria: surgery in the lower extremity, especially in the last 6 months; intra-articular steroid injection in last 1 month; arthroplasty in the lower limb; fracture in the lower limb; tumor; patients who have received physiotherapy treatment during the last 6 months; rheumatoid arthritis Main outcome measures: pain and functional disability

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016020624149N3**

Registration date: **2016-07-13, 1395/04/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-07-13, 1395/04/23

Registrant information

Name

Fahimeh Kamali

Name of organization / entity

Shiraz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2010-05-05, 1389/02/15

Expected recruitment end date

2010-07-11, 1389/04/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

comparison of manual therapy and taping in patients 40-60 years old with knee osteoarthritis

Public title

Comparison of manual therapy and taping in patients with knee osteoarthritis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Knee pain more than a year; medial knee pain with crepitation during active movements; ageing 40-60 years old; morning stiffness more than 30 minutes; osteophyte in knee joint; more joint space loss in medial side of knee than lateral side Exclusion criteria:

surgery in the lower extremity, especially in the last 6 months; intra-articular steroid injection in last 1 month; arthroplasty in the lower limb; fracture in the lower limb; tumor; patients who have received physiotherapy treatment during the last 6 months; rheumatoid arthritis

Age

From **40 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **36**

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

Vice-Chancellery for Research Office, Shiraz
University of Medical Sciences

Street address

Central Building of Shiraz University of Medical
Sciences, Zand Blvd, Shiraz

City

Shiraz

Postal code

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

CT-89-5115

Health conditions studied

1

Description of health condition studied

knee arthrosis

ICD-10 code

M17.5

ICD-10 code description

other secondary gonarthrosis

Primary outcomes

1

Description

knee pain

Timepoint

before and after intervention

Method of measurement

Numerical Rating Scale

2

Description

patient's function

Timepoint

before and after intervention

Method of measurement

WOMAC questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

joint mobilization

Category

Treatment - Other

2

Description

Taping

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Physiotherapy Center of School of Rehabilitation
Sciences

Full name of responsible person

Fahimeh Kamali

Street address

Abiverdi St. Chamran Blvd. Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellery for research affairs, Shiraz University

of Medical Sciences

Full name of responsible person

Basir Hashemi

Street address

Central Building of Shiraz University of Medical Sciences, Zand Blvd. Shiraz

City

Shiraz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice chancellery for research affairs, Shiraz 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

School of Rehabilitation Sciences, Shiraz University of Medical Sciences

Full name of responsible person

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Position

Associate 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