Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of manipulation with or without kinesio taping on pain, disability and endurance of trunk flexor-extensor muscles in 20 to 45 years old athletes with chronic non-specific low back pain

Protocol summary

Summary

Objective: Comparing the effect of manipulation with and without kinesio taping on pain, disability and endurance of trunk flexor-extensor muscles in 20 to 45 years old athletes with chronic non-specific low back pain Participants: Forty-two athletes (21males, 21females) with non-specific chronic mechanical- low back pain Sampling was done by table of random numbers. Inclusion criteria: suffering from low back pain for at least 3 months before the study; Aged 20_45 years old; doing at least 3 sessions of 2-hours moderate aerobic exercise weekly; pain intensity of at least 30 or more from 100; pain and disability level of at least 8 from 52 Exclusion criteria: neurological diseases; rheumatoid diseases; diabetes; osteoporosis; tumor; trauma; fracture in lower extremities; received physiotherapy in last 3 months or used opioid or analgesic drugs in last 72 hours; pregnant patients; patients with psychological disorders; patients in whom manipulation had contraindication Intervention: Lumbar rotational manipulation and lumbar kinesio taping Main Outcome Measures: Pain intensity, functional disability level and endurance of trunk flexor-extensor muscles were assessed before and after the interventions in different follow-ups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016020624149N5**
Registration date: **2016-06-26, 1395/04/06**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-06-26, 1395/04/06

Registrant information

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-05-22, 1393/03/01

Expected recruitment end date

2014-08-23, 1393/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of manipulation with or without kinesio taping on pain, disability and endurance of trunk flexor-extensor muscles in 20 to 45 years old athletes with chronic non-specific low back pain

Public title

The effects of manipulation and kinesio taping on pain and disability of athletes with chronic low back pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: suffering from low back pain for at least 3 months before the study; Aged 20_45 years old; doing at least 3 sessions of 2-hours moderate aerobic exercise weekly; pain intensity of at least 30 or more from 100; pain and disability level of at least 8 from 52 Exclusion criteria: neurological diseases; rheumatoid diseases; diabetes; osteoporosis; tumor; trauma; fracture in lower extremities; received physiotherapy in last 3 months or used opioid or analgesic drugs in last 72 hours; pregnant patients; patients with psychological disorders; patients in whom manipulation had contraindication

Age

From **20 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **42**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single 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

2013-09-23, 1392/07/01

Ethics committee reference number

CT-92-6831

Health conditions studied

1

Description of health condition studied

non-specific chronic mechanical- low back pain

ICD-10 code

M54.5

ICD-10 code description

low back pain

Primary outcomes

1

Description

Pain intensity

Timepoint

Before, Immediately, A day, A week and A month after intervention

Method of measurement

VAS

2

Description

Disability level

Timepoint

Before, A day, A week and A month after intervention

Method of measurement

Oswestry pain and disability questionnaire

3

Description

Endurance of trunk flexor-extensor muscles

Timepoint

Before, A day, A week and A month after intervention

Method of measurement

Unsupported Trunk Holding, McQuade

Secondary outcomes

empty

Intervention groups

1

Description

Control group: Manipulation

Category

Treatment - Other

2

Description

Intervention group: Manipulation and Kinesio taping

Category

Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Mofatteh student dormitory
Full name of responsible person
Javad Bujar
Street address
Campus of Shiraz University, Eram St.
City
Shiraz

2

Recruitment center
Name of recruitment center
Zeinab student dormitory
Full name of responsible person
Ms. Moradi
Street address
Abiverdi St. Chamran Blvd.
City
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3

Recruitment center
Name of recruitment center
Payam Sport Complex
Full name of responsible person
Hossein Eftekhari
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59 Alley, Ghasrodasht St.
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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
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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