

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 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

2016-06-26, 1395/04/06

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

Registrant information

Name

Fahimeh Kamali

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1627 1551

Email address

kamalif@sums.ac.ir

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

Shiraz

3

Recruitment center

Name of recruitment center

Payam Sport Complex

Full name of responsible person

Hossein Eftekhari

Street address

59 Alley, Ghasrodasht St.

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor 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 chancellor 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

Fahimeh Kamali

Position

Associate Professor

Other areas of specialty/work**Street address**

Abiverdi St. Chamran Blvd. Shiraz, Iran

City

Shiraz

Postal code**Phone**

+98 71 3627 1551

Fax**Email**

kamalif@sums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact**Name of organization / entity**

School of Rehabilitation Sciences, Shiraz University of Medical Sciences

Full name of responsible person

Fahimeh Kamali

Position

Associate Professor

Other areas of specialty/work**Street address**

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Fax**Email**

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Web page address

Person responsible for updating data

Contact**Name of organization / entity**

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Phone

00

Fax

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kamalif@sums.ac.ir

Web page address

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