

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

28 Jun 2026

### To compare the effectiveness of Kinesio taping and Dry Needling with routine method, in treatment of back muscle spasm in professional Soccer players

#### Protocol summary

##### Summary

Goal: In this single-blinded study we plan to compare two methods of physical therapy (kinesiotaping and dry-needling) with stretch that is the golden standard treatment of muscle spasm and we assess lumbar range of motion and pain. Inclusion and exclusion criteria: Professional soccer players who have lumbar muscle cramps during exercise and Have moderate to severe pain in the lower back and their forward flexion are limited. We exclude them if they have history of lumbar problem and in the dry needling group we exclude people if they have used anti-clotting drugs. Study population and sample size: Enter 33 professional soccer players in three groups (kinesiotaping, dry needling and stretching) by block randomization method. Intervention: Each patient is treated three times for three days. Pain and range of motion measure for three times (before first session, immediate after first session and the end of last session). In the kinesiotaping group: We use this method on the low back muscle and stay on the skin for three days. In the dry needling group: We use deep dry needling for three session for three days in the intended muscle. In the stretch group: Stretch intended muscle three time a day and each time they stretch muscle for 10 times and each stretch hold for 30 seconds and do it for three days.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017020724149N34**

Registration date: **2017-02-26, 1395/12/08**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2017-02-26, 1395/12/08

##### Registrant information

###### Name

Fahimeh Kamali

###### Name of organization / entity

Shiraz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

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###### Email address

kamalif@sums.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Shiraz University of Medical Sciences

##### Expected recruitment start date

2016-07-16, 1395/04/26

##### Expected recruitment end date

2016-12-20, 1395/09/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

To compare the effectiveness of Kinesio taping and Dry Needling with routine method, in treatment of back muscle spasm in professional Soccer players

##### Public title

To compare the effectiveness of two Physical Therapy methods in treatment of low back pain in professional Soccer players

## Purpose

Treatment

## Inclusion/Exclusion criteria

Inclusion criteria: Professional soccer player; Age 17-33; Vas 4 - 7.5; Has pain because of low back muscle spasm; Mild or moderate spasm  
Exclusion criteria: Dissatisfaction, History of chronic low back pain; Using NSAID before treatment; Using aspirin in the dry needling group; Malignancy; Spondylolisthesis; History of back surgery; Congenital deformity in back.

## Age

From **17 years** old to **33 years** old

## Gender

Male

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **33**

## 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

Ethics committee of Shiraz University of Medical Sciences.

##### Street address

Zand Street

##### City

Shiraz

##### Postal code

#### Approval date

2016-07-17, 1395/04/27

#### Ethics committee reference number

IR.SUMS.REC.1395.75

## Health conditions studied

### 1

#### Description of health condition studied

low back muscle spasm

#### ICD-10 code

s39.0

#### ICD-10 code description

Injury of muscle and tendon of abdomen, lower back and pelvis

## Primary outcomes

### 1

#### Description

Pain

#### Timepoint

Before, Immediate and End of three days

#### Method of measurement

VAS

### 2

#### Description

lumbar Range of Motion

#### Timepoint

Before, Immediate and End of three days

#### Method of measurement

Meter. The patient bend forward as far as possible and we measure distance between fingers and ground

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Dry Needling group (Interventional): The patient lies in a prone position. Needles inserted through the skin into areas of the extensor muscles of back (Manipulated deeply in the muscle, use this technique for 3 days)

#### Category

Rehabilitation

### 2

#### Description

Kinesiotaping group (Interventional): The Kinesiotape (I strip, tension: 25-50%) applied over the area of back muscles (in stretching position) which have spasm.

#### Category

Rehabilitation

### 3

#### Description

Stretching group (Control): Patient lie down in supine position and flex their knees to his abdomen, hold this position for 30 second and do that for 3 sets a day.

#### Category

Rehabilitation

## Recruitment centers

1

### Recruitment center

**Name of recruitment center**

New Barq Football Club

**Full name of responsible person**

Mohammad Reza Hosseini

**Street address**

**City**

Shiraz

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Vice chancellor for research, Shiraz University of Medical Science

**Full name of responsible person**

Seyed Basir Hashemi

**Street address**

Vice chancellor for research, Central Building of Shiraz University of Medical Sciences, Zand Ave.

**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, Shiraz University of Medical Science

**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**

SUMS School of Rehabilitation Science

**Full name of responsible person**

Iman Faghihzade Gorji

**Position**

Masters Student

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*