

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

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Name of organization / entity

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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

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Masters Student

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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