Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison of the effect of kinesio taping on postural control between patient with non specific chronic low back pain and healthy subjects.

Protocol summary

Summary

The primary aim of this study was to investigate the possibility that patients with chronic low back pain exhibited an altered postural control during upright standing with respect to a control population. A secondary aim was to study the effect of the application of this novel kinesio tape on the low back/pelvis on the postural control in this patient compared to healthy control. thirty (15 men, 15 women) non specific chronic low back pain patient and. thirty (15 men, 15 women) healthy controls without a history of musculoskeletal disorders participated in this study. The inclusion criteria for study participation in the non specific chronic low back pain: aged 25_55 years, localized back pain, lasting more than 3 months. We performed low back kinesio taping for both groups. It was applied by kinesio taping expert by stretching the kinesio tape ، place the base of kinesio I strip inferior to the greater trochanter with no tension. have the patient move into lateral flexion to the opposite site .apply the kinesio I strip with moderate tension(50%)over the tensor fascia lata and over the PSIS. as the kinesio strip reaches the lateral border of erector spinae muscle group end this selection of tape application. have the patient move into lateral flexion to the side on which the tape was initially started. angle the remaining kinesio I strip towards the posterior inferior angle of the thoracic ribs using light tension. for the opposite site, repeat the above steps by approximately 50%.for the kinesio taping application .postural control assess befoe, immediately and after of the kinesio taping application.we expect that kinesio taping improve postural control in low back pain patients.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201211302391N8**

Registration date: **2013-04-19, 1392/01/30**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-04-19, 1392/01/30

Registrant information

Name

Zahra Rojhani Shirazi

Name of organization / entity

Shiraz University of Medical Sciences, School of Rehabilitation Sciences

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research Affairs of Shiraz University of Medical Sciences

Expected recruitment start date

2012-11-21, 1391/09/01

Expected recruitment end date

2012-12-21, 1391/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of kinesio taping on postural control between patient with non specific chronic low back pain and healthy subjects.

Public title
effect of kinesio taping on postural control in people with low back pain
Purpose
Treatment
Inclusion/Exclusion criteria
The inclusion criteria for study participation in the non specific chronic low back pain: aged 25_55 years; localized back pain; lasting more than 3 months ; radiating no further than the buttock;no previous history of sciatica ; other radicular involvement;normal neurological examination;at least 30 of the 100-mm numerical rating scale(NRS). The exclusion criteria: a history of neurological signs such as sensory deficits ; motor paralysis ; vestibular system impairment ;a history of dizziness ; medication with known effects on balance; a History of spinal surgery ; a history of rheumatic diseases ;diabetes ; mental disorders ;Pregnancy ;a history of lower extremity injuries ; neuromuscular diseases .
Age
From **20 years** old to **55 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Shiraz University of Medical Sciences
Street address
hiraz, Chamran Boulevard,1 street Abyverdy, School of Rehabilitation Sciences, Shiraz University of Medical Sciences, Department of Physical Therapy
City
Shiraz
Postal code
Approval date
2012-11-26, 1391/09/06
Ethics committee reference number
CT-91-6338

Health conditions studied

1

Description of health condition studied
non specific chronic low back pain
ICD-10 code
M54.5
ICD-10 code description
Low back pain Low back strain Lumbago NOS

Primary outcomes

1

Description
postural control
Timepoint
before,immediately and after application of interventions
Method of measurement
amount of displacement and velocity of center of pressure

Secondary outcomes

empty

Intervention groups

1

Description
kinesio taping for low back pain group perform in standing and for 24 hour. place the base of kinesio I strip inferior to the greater trochanter with no tension. have the patient move into lateral flexion to the opposite site.apply the kinesio I strip with moderate tension(50%)over the tensor fascia lata and over the PSIS.as the kinesio strip reaches the lateral border of erector spinae muscle group end this selection of tape application.have the patient move into lateral flexion to the side on which the tape was initially started.angle the remaining kinesio Istrip towards the posterior inferior angle of the thoracic ribs using light tension.for the opposite site,repeat the above steps.
Category
Treatment - Other

2

Description
kinesio taping for control group perform in standing and for 24 hour. place the base of kinesio I strip inferior to the greater trochanter with no tension. have the patient move into lateral flexion to the opposite site.apply the kinesio I strip with moderate tension(50%)over the tensor fascia lata and over the PSIS.as the kinesio strip reaches the lateral border of erector spinae muscle group end this selection of tape application.have the

patient move into lateral flexion to the side on which the tape was initially started.angle the remaining kinesio Istrip towards the posterior inferior angle of the thoracic ribs using light tension.for the opposite site,repeat the above steps.

Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
physiotherapy’s clinics
Full name of responsible person
Zahra Rojhani Shirazi
Street address
hiraz Faculty of Rehabilitation, Chamran blvd
City
shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
ǧholamreza hatam
Street address
Shiraz Faculty of Rehabilitation, Chamran blvd.
City
shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
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
Shiraz University of Medical Sciences
Full name of responsible person
Zahra Rojhani Shirazi
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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