

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jul 2026

The comparison of the effect of kinesio-tape and friction massage on the latent trigger points of upper trapezius on grip power and pain threshold

Protocol summary

Summary

Objective: In this study, the effects of kinesio-tape and friction massage on the latent trigger points of upper trapezius muscle on grip power and pain threshold were compared. Design: Fifty eight male students with latent trigger points in upper trapezius muscle were enrolled in this clinical trial study. They randomly assigned to two friction massage and kinesio-tape treatment groups. Participants were blinded about study groups. Setting and conduct: Participants were received treatment for 3 days. Participants including major eligibility criteria: Male students with latent trigger points in upper trapezius muscle were enrolled in this clinical trial study. Intervention: One group received kinesio-tapping and the other group received friction massage on their trigger points. Main outcome measures: Pressure pain threshold and grip strength were measured before and after treatment by Pressure Algometer and Dynamometer.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016080126674N3**

Registration date: **2016-09-07, 1395/06/17**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-09-07, 1395/06/17

Registrant information

Name

Marzieh Mohamadi

Name of organization / entity

Shiraz University of Medical Sciences, School of Rehabilitation Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 3627 1551

Email address

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2016-04-16, 1395/01/28

Expected recruitment end date

2016-06-16, 1395/03/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of the effect of kinesio-tape and friction massage on the latent trigger points of upper trapezius on grip power and pain threshold

Public title

The effect of kinesio-tape and friction massage on trigger points on the grip power and pain threshold

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: The existence of unilateral or bilateral latent trigger points of upper trapezius muscle; The existence of palpable taut band in the muscle; The existence of a painful tender spot in the taut band; Age range of 18 to 30 years Exclusion criteria: The existence of active trigger points in upper trapezius muscle; The existence of musculo-skeletal disorders in neck and shoulder such as tendinitis, bursitis and impingement

syndrome; cervical disk herniation; The existence of radicular pain in upper limb

Age

From **18 years** old to **30 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **58**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Randomization was done by simple randomization method

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz University of Medical Sciences

Street address

Zand Street

City

Shiraz

Postal code

Approval date

2016-04-10, 1395/01/22

Ethics committee reference number

IR.SUMS.REC.1395.3

Health conditions studied

1

Description of health condition studied

Latent Trigger Point

ICD-10 code

M79.9

ICD-10 code description

Soft Tissue Disorder, Unspecified

Primary outcomes

1

Description

Pain Threshold

Timepoint

72 Hours

Method of measurement

Pressure Algometer

2

Description

Grip Power

Timepoint

72 Hours

Method of measurement

Dinamometer

Secondary outcomes

empty

Intervention groups

1

Description

Kinesio-tape

Category

Treatment - Other

2

Description

Friction Massage

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shiraz University of Medical Sciences, School of Rehabilitation Sciences

Full name of responsible person

Saeed Hoseinifard, Iman Rashidi

Street address

Abiverdi 1 Street

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research, Shiraz University of Medical Sciences

Full name of responsible person

Dr Seyed Basir Hashemi

Street address

Zand Street

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 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, School of Rehabilitation Sciences

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Student

Other areas of specialty/work

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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